

# MARK YOUR CALENDARS

**Worship Service - Sundays at 10:00 a.m., Channel 4**  
**Lutheran Worship - Tuesdays at 10:15 a.m., Channel 4**  
**Catholic Mass - 2nd and 4th Wednesdays at 10:15 a.m., Channel 4**  
**Catholic Prayer Service— 1st, 3rd, and 5th Wednesdays at 10:15 a.m., Channel 4**

## Rick Pickren's "A Traditional St. Paddy's Day"

**Tuesday, March 16 at 2:00 PM– Channel 4**



# HEARTH & HOME

A monthly newsletter for residents,  
families, friends and staff of  
Lutheran Home

**March  
2021**

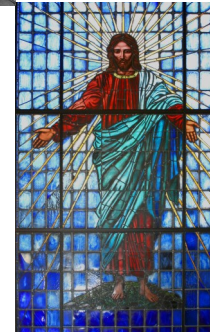


Spirituality

Creativity



Health



Social



Music



Physical



Cognitive



Emotional



  
**LUTHERAN HOME**  
INSPIRING THE BEST SINCE 1892.



## A WORD FROM OUR Interim Executive Director

Happy March!  
In like a lion, out like a lamb!

I sure hope we have better weather days ahead. I'm not sure about all of you, but I'm done with the snow and bitter cold.

I love springtime for all that it represents.....longer days, warmer temperatures, the smell of flowers blooming and of course our Easter holiday. The anticipation and hope that fills my heart is pure.

I long for the days when our families will be buzzing in and out of the Lutheran Home, our Shepherd's Flock kids can be riding in the buggies up and down the hallways and we can gather for our meals and programs once again. And most importantly, I can't wait to see all of you and our team members smile at one another.

There is no doubt that we will get there again and I pray every day that we are closer and closer.

As we embark on the one year anniversary of the COVID-19 pandemic, I am constantly reminded of how tough it has been on each of you. What a long year of sacrifices you all have made along with our families and team members.

I would like to take a moment and personally thank each team member for their steadfast dedication to their calling.....to change the lives of those we serve with grace and love.

So to a new month that will end like a lamb.....sunny days and reconnections with those we love!

Sincerely,  
Sarah Kurth  
Interim Executive Director

## Culinary Corner

### National Nutrition Month

March is National Nutrition Month! Every year the Academy of Nutrition and Dietetics celebrates National Nutrition Month in March with a different theme. This year's theme is Personalize Your Plate and it highlights that there is no one-size-fits-all approach when it comes to nutrition and health. We are all unique with different bodies, goals, backgrounds and tastes. The important part is that you develop a plate that works for you while keeping a focus on overall nutrition.

At the end of last year the USDA released the 2020-2025 Dietary Guidelines for Americans. In these guidelines they focus on adopting a healthy dietary pattern by consuming nutrient dense foods and beverages. Nutrient dense foods are those that contain vitamins, minerals and other health promoting components and have very little added sugars, saturated fat and sodium. Here are the core elements to focus on in your diet:

- Vegetables of all types** – dark green; red and orange; beans, peas, and lentils; starchy; and other vegetables
- Fruits**, especially whole fruits
- Grains**, at least half of which are whole grains
- Dairy**, including fat free or low fat milk, yogurt and cheese, and/or lactose free versions and fortified soy beverages and yogurts as alternatives
- Protein foods**, including lean meats, poultry and eggs; seafood; beans, peas, and lentils; and nuts, seeds and soy products.
- Oils**, including vegetable oils and oils in food such as seafood and nuts

Did you know?

- We offer fresh salmon, baked chicken breast and tilapia on our always available menu. All 3 are great sources of lean protein to include in your diet.
- We have a variety of fresh fruits (oranges, apples & bananas) available on your unit as well as a fresh fruit cup available daily at any meal

Keep your eyes and ears out this month for special nutrition related snacks and activities. We have a great nutrition team here at the Lutheran Home that is always willing to help with any dietary need you may have. Don't hesitate to ask to speak with someone about your nutrition!

**Kimberly Mahony, RDN**  
Corporate Manager of Nutritional Services





# FROM THE CHAPLAIN'S DESK



## *From the Chaplain's Desk*

<sup>15</sup>When they call to me, I will answer them;  
I will be with them in trouble, I will rescue them and honor them.  
<sup>16</sup>With long life I will satisfy them, and show them my salvation.  
From the books of Psalms, chapter 91, verse 15-16

No matter where you turn, there are trials and temptations. These are the enticements and events that distract us from the love of God. In our world, it's the possession of "stuff" that tempts us. Whether it is food, or clothes, or books, or other kinds of stuff, we are continually tempted to buy more, get more, and have more. Especially when we are lost or lonely, we try to fill our lives with stuff with the hope that we will be happier and more fulfilled.

During the season of Lent, the goal is to shift our perspective and to focus on something completely different. It is our goal to create space in our day and our lives for the spiritual things – the heavenly blessings from God. During this season of reflection, we are called to fast, pray, and perform acts of charity. So, it is our challenge to try something new to be closer to God. Change up your day. Create a new routine. In new way, craft out space to deep your faith. Open your heart to a fuller understanding of God's love. Immerse yourself in the stories of Jesus. Listen to the movement of the Spirit. Whether in silence or song, be open to the still small voice of God.

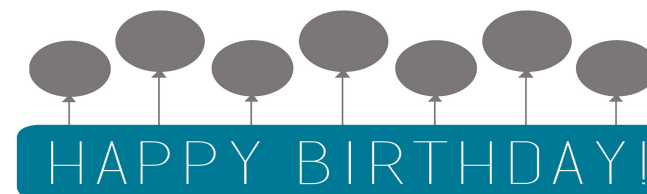
Just as Jesus spent 40 days in the wilderness with the Holy Spirit, we are called to spend these 40 days of Lent reflecting on the stories of Jesus. It isn't easy. Our days are full of trials and temptations; cluttered with clamor and confusion. This process takes time; it takes patience, and it takes practice. Day and night, God moves in our midst; however, we must create openness in our hearts and in our lives. May we be faithful and grow into the beloved children God intends us to be.

May your journey through this Lenten Season be one of personal openness to experience God's love and know God's grace more fully.

Seeking God's grace,  
Pastor Matt, Pastor Trish, and Chaplain Andrea

***Pianist Jim Kendros***  
***"Happy Birthday Bach & Vivaldi"***

**Friday, March 26 at 2:00 PM on Channel 4– LIVE**



**01 Joyce M.**  
**01 Carl S.**  
**04 June W.**  
**08 Lois I.**  
**09 Verlee I.**  
**10 Elizabeth B.**  
**10 John B.**  
**10 Ione H.**  
**10 Betty Anne V.**  
**12 Christine C.**  
**12 Elaine V.**  
**14 John M.**  
**15 Demitra G.**  
**17 Mary T.**  
**18 Evonne A.**  
**18 Pamela J.**  
**18 Bonnie K.**  
**20 Benedict O.**

**21 Lois C.**  
**22 Alice S.**  
**23 Timothy D.**  
**23 Dolores U.**  
**26 Judy A.**  
**26 Catherine E.**  
**26 Lester L.**  
**26 Carol M.**  
**27 Marilyn M.**  
**28 Mary B.**  
**28 Edvins B.**  
**28 Jan H.**  
**29 Richard C.**  
**31 Joseph M.**  
**31 Thaddeus O.**  
**31 Jane R.**  
**31 Barbara T.**

## A WORD FROM OUR FOUNDATION



Spring is on its way! The snow is starting to melt, the sun stays out longer each day and I even saw a robin this week. It seems like this was a long winter and I have never looked forward to spring as much as this year. When I think back to spring when I was a kid I have some very fond memories including squeegee parties.

I actually grew up very near to the Lutheran Home on Rohlwing Road in Palatine. My family lived in a cute brick home with a full basement. Spring in that house always brought one thing – water in the basement. As the snow would melt - even with a sump pump – the water would rise in the basement for a day or two.



My folks were always prepared and had everything up off the floor – and we did not have carpeting – so while it was a mess it was not earth shattering. But what I remember is the brilliance of my Dad one Friday night. My mom always worked waitressing on Friday nights so it was just my Dad and his two girls. One Friday night the basement was flooded when my Dad got home. He walked in with two giant squeegees that were on a pole like brooms and announced, “Girls we are having a squeegee party tonight!” So we went to the basement, turned on music, danced around and squeegeed the entire floor in record time. Afterward we made my favorite dinner – Chef Boy-R-D pizza to celebrate. After that night cleaning the basement in the spring never seemed like a chore but a celebration of spring.

My Dad was so wise to make a celebration out of something that could have been a bore and I have actually used this same thinking with my girls growing up. Leaf day became a celebration of fall and included photo shoots with the dog. Wrapping presents day became sipping hot chocolate and watching sappy movies while wrapping together. I have found it all comes down to attitude and outlook. I think that is why I love my job so much. Many people look at fundraising as an awful chore – where I look at it as a wonderful blessing. I get to help people change the world with the gifts God has given them. Together we can find things that they are passionate about to support. I am inspired every day by the donors I am blessed to work with.

So together let’s look forward to spring with joy and hopefulness. I’ll be the one holding a squeegee!

*Cheryl Wendt*

Lutheran Home Foundation

## My Fitness With Anthony Urse

### What is Wellness?

Hello Everyone! Winter is finally on its way out the door as we begin the month of March. For the month of March I want to talk about the idea of “Wellness” as a substitute for the idea of “Fitness”. To start, let’s begin with my definition of what wellness is: A state of overall positive health brought on by a body and mind that are taken care of. This definition assumes two components of wellness; the body and the mind.

I’ll start by talking about wellness of the body because this concept is easy to identify, but easy to misinterpret. Wellness of the body is stereotyped by the media as the fit, sculpted, attractive figures representing the ideal “look” for men and women. This misconception should be dismissed for two reasons. The first and most important reason is that the majority of humans don’t fit this image, and yet these people (with the right choices and effort – more on that later) are able to live out healthy lives. Therefore, the “Hollywood” version of body wellness is flawed. The second reason is that the image of the “ideal” body of the man and woman has changed drastically over time, and will continue to change as time moves forward. Instead, wellness of the body should be thought of as a well-functioning, properly nourished, and properly maintained vessel that is resistant to injury and minimizes the impact of aging. “Well-Functioning” references the body’s ability to meet or exceed the respective demands that accompany the appropriate stage of life. “Proper Nourishment” is consuming all the essential nutrients in the amount needed by the body (not cutting out nutrients entirely like some fad diets), as balance is key. “Proper Maintenance” refers to regular physical activity and exercise to keep the muscles and cardiovascular systems working well.

I think of wellness of the mind as a state of active positive consciousness. It is active because we must work on it daily for this state to consistently persevere. There are three primary components that make up a healthy mind: Stress reduction, self-love, and “glass half full” optimism. Let’s start with the importance of stress reduction. Chronic stress puts the body in a constant “fight or flight” state by increasing the levels of hormones such as cortisol and norepinephrine in the bloodstream. Over time, these increased hormone levels put strain on the heart and lower our immunity against illness. Self-love allows us to accept the body we were given with all of its flaws included. This generates a positive image of ourselves and allows us to better observe the measurable changes brought on by taking on a healthy lifestyle and prevents discouragement from failing to achieve the changes that “should” follow our actions. “Glass half-full” optimism helps us when we are taking action to count are successes rather than our failures and keep us on the right track.

It is crucial to take into consideration the elements of both mind and body to achieve a state of total wellness. After all, the two are interdependent on one another. Thank you for reading!

*Anthony Urse*