



MARK YOUR CALENDARS

Worship Service - Sundays at 10:00 a.m., Channel 4
Lutheran Worship - Tuesdays at 10:30 a.m., Channel 4
Catholic Mass - Wednesdays at 10:15 a.m., Channel 4
Lutheran Home Discovery Series-Thursdays, Channel 4

Swinging with Sandi Haynes-LIVE
Tuesday, September 29, 2:30 PM- Channel 4



HEARTH & HOME

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

**September
2020**





A WORD FROM OUR EXECUTIVE DIRECTOR

Dear Residents, Family, and Friends,

As I have shared in the past, the Lutheran Home team will always work to make sure as many opportunities for engagement are available to our residents - while maintaining safety and infection control precautions.

We are fortunate that IDPH has now published guidance for us to expand our engagement opportunities. A memo was shared last week with all residents, families and associates, but I wanted to share some of those details here as well.

IDPH has outlined three phases of reopening. And seven criteria that allow our community to move through those phases. We are currently in Phase 2. Some highlights of phase 2 reopening are as follows:

- Small group activities may take place, with a maximum of 10 residents per activity. No activities that require strenuous activity or exertion will be conducted. No activities will involve any shared items among residents. Activities will preferably take place outdoors, but can be moved indoors due to weather. All residents will wear a mask.
- Communal dining may take place for all residents; provided the maximum number of residents who will participate in any one sitting will be based on 25% of seating capacity in the applicable dining area. Tables and chairs will be set up in a configuration so that each resident is at least 6 feet apart.
- Outdoor visitation will continue.

Unfortunately, beauty/barber shops will remain closed, until we enter phase 3.

I hope that you are able to enjoy these expanded opportunities for engagement. Please share your feedback with our life enrichment team, your nurse, or myself. So that we can make sure we are implementing this guidance to best serve our residents. We will continue to keep everyone updated as guidance changes, or as we move through these phases.

Blessings,
Andy

Culinary Corner

Better Breakfast Month

September is Better Breakfast Month! It is important to start your day off on the right foot with a healthy breakfast to fuel the rest of your day. This month is a great time to take a look at what you currently eat for breakfast and see if there are any ways to add a little more nutritional value.

A little history on breakfast...

The term “breakfast” didn’t come around until the 15th century. Breakfast literally means to break the fasting period of the prior night. In 1620, waffles were first introduced to North America by pilgrims who had lived in the Netherlands. After the Civil War it became fairly common for Americans to eat sandwiches that consisted of ham and eggs but the first breakfast sandwich recipe wasn’t published in a cookbook until 1897. Popcorn cereal was consumed by Americans in the late 1800s which typically consisted of popcorn, milk and a sweetener. Dr. John Harvey Kellogg created the first prepared cold breakfast cereal in 1878 and named it granola. Today there are over 4000 different kinds of cold breakfast cereals on the market!

What makes up a healthy breakfast? You want to try to include a few different components – lean protein, fruit/vegetables and complex carbohydrates. Eggs and dairy products like skim milk and yogurt are great choices for lean proteins at breakfast. On our menu at Lutheran Home we have eggs, milk, yogurt and Greek yogurt available every day for you to order at breakfast. Did you know Greek yogurt has twice as much protein as regular yogurt? If you are looking to increase your protein intake give Greek yogurt a try!

Fruits and vegetables are also important to include at each meal throughout your day. Fruit juice is probably the most common source of fruit consumed at breakfast but it is actually more beneficial to consume the whole fruit if you can instead of juice. Whole fruits contain more fiber and less sugar than fruit juice. We always have a variety of fresh fruit available daily.

The last component of a healthy breakfast is complex carbohydrates. Some examples of complex carbohydrates are whole grains and oats. You can start your day with a warm bowl of oatmeal or a whole grain cold cereal. Choose whole grain bread over white bread as much as possible to add more fiber to your diet. Fiber has a lot of health benefits and also helps you feel full longer helping you to eat less throughout the day.

I challenge you this month to look at your daily breakfast and take small steps to improving its nutritional value!

Kimberly Mahony, RD LDN
Corporate Manager, Nutritional Services



FROM THE CHAPLAIN'S DESK

From the Chaplain's Desk

“And Jesus said to them, “Take care! Be on your guard against all kinds of greed; for one’s life does not consist of the abundance of possessions.”

Taken from the Gospel according to Luke 12: 13-21

Throughout our culture and community, there is the notion that money will solve all our problems. If we were only rich, then, we would have no worries. Well, Jesus tells a parable with a different perspective on this idea.

Jesus talks about a rich man whose land produced abundantly. His harvest was so plentiful that his barns could not hold them all. Instead of sharing his wealth, he keeps his crops for his own future security. So, the rich man tore down his small barns and built bigger ones to store all his possessions for the many weeks, months, and years ahead. The rich man brags to himself, “Soul, you have ample good laid up for many years; relax, eat, drink, be merry.” However, God knew better and said to the rich man, “You fool! This very night will be your last”. All the rich man had stockpiled, he would never enjoy. His life on earth was short, and, as the saying goes, “you can’t take it with you”.

What if your life’s goal was to accumulate a different kind of treasure? What if you spent more time counting your spiritual blessings, and not monetary gains? Consider the fruits of the spirits listed in Galatians 5: 22-23. Instead of materials stuff, what if your riches consisted of heavenly treasures? Perhaps, your list might look like this:

A backyard of LOVE
A swimming pool of JOY
A river overflowing with PEACE
A bushel basket of PATIENCE
A barrel full of KINDNESS
A dresser of GENEROSITY
A lifetime of FAITHFULNESS
A closet of GENTLENESS
A dinner plate overflowing of SELF-CONTROL

In time when we have reduced our connections to the earthly things that count. Less time with family or friends. Limited opportunity to roam and explore. Restrictions to go outside or travel. Spend some time this month counting your spiritual blessings. God has given us so much. Give thanks for the intangible, these fruits of the spirit, and hold them close to your heart.

With a grateful heart, Pastor Matt, Pastor Trish, and Chaplain Andrea

Voytek! “Sock Hop”

Tuesday, September 8 at 2:30 PM– Channel 4



**2 Virginia M.
3 Paul B.
12 Virginia G.
12 Minnie R.
14 Catherine B.
14 Miroslaw S.
15 Beatrice O.
15 John R.
15 Paul S.
17 Spiros P.
18 Mary H.
18 Gervaise L.**

**19 Frank M.
20 Kenneth B.
20 Zbigniew K.
25 Janice N.
27 Sara B.
28 Caroline W.
29 Molly B.
29 Anita K.
29 Mary R.
30 Kathleen L.**

A WORD FROM OUR FOUNDATION

It's a Dog's Life

I am actually writing this article in International Dog Day – August 26th. I am not sure who started the day – unlike Valentine's Day or Sweetest Day I don't think the greeting card industry will see any bump in sales from it. But never-the-less it is now an official day and I saw photos of all of my friends' dogs on Facebook throughout the day. Dog after dog doing crazy things, funny things, stupid things, or some even just sleeping. For about 10 minutes of my day I forgot about all of the sadness, anger and fear of our current times and smiled at cute dog pictures. I admit it was a welcome relief. This really got me thinking about the role these amazing creatures play in our lives. I have mentioned our giant rescue dog Josie and told you about some of her antics. But the one thing about Josie that makes dog ownership worthwhile is her attitude.



- Josie never wakes up mad. She never assesses each ache or pain before getting out of bed. She doesn't grumble if a raccoon in the front yard kept her up all night. The stresses of the day before are forgotten. She jumps up and faces the day with a smile.
- Josie is always happy to see me when I get home. It doesn't matter how long I have been gone. It doesn't matter to her if I forgot to pick up milk on the way home. All that matters is I am there and she is happy.
- Josie forgives unconditionally. Recently she had an infected paw and had to go to the vet. She came home with the dreaded "cone of shame" and ran into walls and doors with it. She had to take medicine that upset her stomach. She couldn't run in the backyard for a few days (her favorite thing to do). But you know what? As soon as the cone was off she thanked me with a tail wag. As soon as she could run she was thankful – not upset with the time she lost. As soon as her stomach was better she was out eating stupid stuff in the backyard. She forgave immediately and completely.
- Josie loves her old toys as much as her new ones. She still plays with a fake stick chewy toy she had as a puppy. She loves new toys too and is thankful when they are given to her, but never lets her old ones feel left out.
- Josie knows when someone is sick for feeling blue. I don't know if she can smell hurt or sadness, but if someone is upset she is right by their side. And it is amazing how petting a dog can make you feel better.
- Josie never gets tired of being with me. If I am outside gardening – she is there. If I am in the front room reading a book – she is there. If I am in the kitchen cooking – she is definitely there (hoping a scrap of food will drop). She never makes me feel like I am a bother or she does not have time for me. She makes me feel loved and needed.



So maybe International Dog Day is not such a bad idea. Maybe it is a day that we can look at our furry best friends and try to learn from them. Try to be unconditional in our love. Try to face each day with a smile instead of a list of what went wrong the day before. To love the people we are with instead of longingly waiting for the ones who are not there. Try to forgive. Try to comfort. I promise - Josie will lead the way!

Cheryl Wendt

Lutheran Home Foundation



MyFitness With Anthony Urse

The 6 Virtues of a Healthy Lifestyle

Hello everyone and welcome to the month of September. This month I will be writing about a philosophical approach to wellness. The inspiration came from reflecting on how my patience has been tested during the pandemic, and how at times a lack of this virtue negatively impacted my mental fortitude. It got me thinking about what other virtues (derived from Aristotle's 12 virtues) I feel resonate the most with sustaining a healthy lifestyle.

Courage

Arguably the first virtue tested when trying to make a change towards living a healthy lifestyle. If you are too afraid to put yourself on trial then whatever changes that were being attempted are doomed to fail before they have the chance to start.

Temperance

Commonly known as moderation. Regarding fitness, this is a virtue I am constantly reminded of. I can't tell you how many times I have overdone a particular exercise and experienced a subsequent burnout. Neither food nor exercise is good in excessive amounts.

Ambition

Ambition is the internal fire that fuels your actions! It's the vision held in the mind depicting yourself at your maximum potential. Ambition is fickle and can easily be disrupted by negative experiences and emotions, such as frustration with failure.

Patience

Patience sustains the fire of ambition, enabling the individual to focus on long term goals. Without patience, the upsets and roadblocks that inevitably happen in life would feel insurmountable.

Truthfulness

Being honest with one's enables acceptance of failure, clarity on shortcomings, and receptiveness to external guidance. They may seem inconspicuous, but many white lies built up over time can manifest significant mental and behavioral barriers.

Modesty

In the realm of fitness, modesty is traditionally depicted as the fit individual expressing humility, but I feel modesty is better defined as a level approach to a healthy lifestyle and knowing one's strengths and weaknesses. An example of a modest dietary approach would be only eating meat for 1 meal compared to going completely vegetarian.

Thank you all for reading and God Bless!

