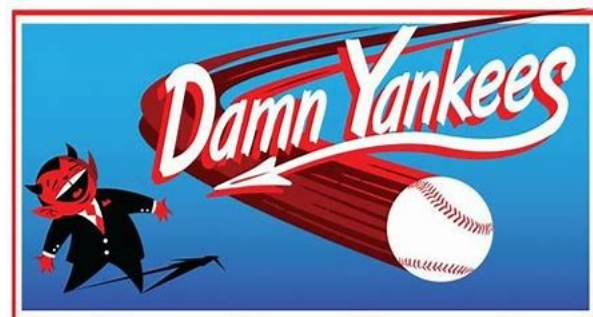


MARK YOUR CALENDARS

Worship Service - Sundays at 10:00 a.m., Chapel of St. John
 Lutheran Worship – Tuesdays at 10:00 a.m., Kempf Chapel
 Communion - Wednesdays at 9:30 a.m., Kempf Chapel
 Catholic Mass - Wednesdays at 10:15 a.m., Chapel of St. John
 Lenten Services-Wednesdays at 2:00 p.m., Chapel of St. John
Lutheran Home Discovery Series- Thursdays at 1:00 p.m., Channel 4
 3/5- Baseball Parks, 3/12-Stealing Lincoln's Body,
 3/19-They Shall Never Grow Old, 3/26-Catching Hell

MARCH 2020

- | | | |
|-----------|---------------------|----------------------------------------------------|
| 2 (Mon) | 2:15 pm | "Celebrating Chopin" with Pianist Joseph Stefanits |
| 7 (Sat) | 2:30 pm | Saturday Praise and Worship Service |
| 10 (Tue) | 1:30 pm | Resident Council in Kempf |
| 13 (Fri) | 2:15 pm | Lynn Rymarz Portrays "Julia Child" |
| 14 (Tue) | 7:00 am-
7:00 pm | Election Day Polling Place |
| 19 (Thur) | 7:00 pm | Pioneer Bingo in Hearthstone |
| 21 (Sat) | 2:30 pm | Saturday Praise and Worship Service |
| 28 (Sat) | 2:00 pm | Bingo Hosted by Our Saviour's Lutheran Church |
| 30 (Mon) | 2:00 pm | Movie on the Big Screen "Damn Yankees" |
| 31 (Tue) | 2:15 pm | Jammin' with Smucker |



HEARTH & HOME

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

**March
2020**




LUTHERAN HOME
 INSPIRING THE BEST SINCE 1892.



A WORD FROM OUR EXECUTIVE DIRECTOR

Dear Residents, Family, and Friends,

Spring is almost here! I am excited for the weather to warm up, so we can get outside. This past weekend was a nice preview. Amanda, Luke and I, took our dog Gus on a nice long walk. While we enjoy the changing seasons, Gus prefers the cold. He is a Burmese mountain dog, and he loves when it snows. Sometimes when it is single digit temperatures, we can't get him back in the house!

Spring is an exciting time at the Lutheran Home, with many events and celebrations to look forward too. On Monday, March 9th, we will be having a lunch celebration at Maggiano's, where we will recognize many dedicated Lutheran Home associates. It is nice way to say thank you, and to let them know how much they mean to those we serve. We achieve great things because of the dedicated and compassionate people that work at Lutheran Home!

It is also an exciting time at my house. We will be spending the spring season preparing for our daughter. We are expecting a baby girl on June 26th! This is extra special for my parents, as currently they have 4 grandsons.

Adding a girl to the mix will be a nice change. I will be sure to keep everyone posted as the due date comes near.

Blessings,
Andy

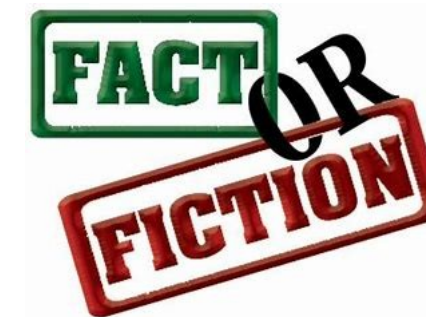


Culinary Corner

March is National Nutrition Month!

Test your knowledge of the following statements....are they FACT or FICTION?

1. A healthy eating style includes a limited number of foods. FACT or FICTION
2. Vegetable oils are an appropriate substitution for solid fats. FACT or FICTION
3. Physical activity must be done for at least 10 minutes in order for it to be considered beneficial. FACT or FICTION
4. Portion sizes and serving sizes are the same thing. FACT or FICTION
5. It is recommended that calories from added sugars be limited to 10% of calories per day. FACT or FICTION
6. At least half of grains eaten every day should be whole grains. FACT or FICTION
7. One cup of calcium-fortified soymilk is considered one cup from the dairy group. FACT or FICTION
8. Meals that include seafood are recommended. FACT or FICTION
9. Most Americans get enough fiber every day. FACT or FICTION
10. Everyone needs the same amount of calories every day 2000. FACT or FICTION



Answers: 1.fiction 2.fact. 3.fiction. 4.fiction. 5.fact. 6.fact. 7.fact. 8.fact. 9. fiction 10. fiction



FROM THE CHAPLAIN'S DESK

¹⁰ Create in me a clean heart, O God,
And renew a steadfast spirit within me.
¹¹ Do not cast me away from Your presence,
And do not take Your Holy Spirit from me.
From Psalms 51, verses 10-11

Every day, we are on a journey to fulfill God's call to live as children of God. However, no matter where you turn, there are trials and temptations. These enticements and events 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 electronics, or other stuff, we are continually tempted to buy more, get more, and have more. Whether we are hungry or hopeless, or we are lost or lonely, we try to fill our lives with stuff in an attempt to be happier and more fulfilled.

During the season of Lent, the goal is to shift our perspective and to focus on God's realm, not our earthly temptations. It is our goal to create space in our day and our lives for the spiritual things and know God's realm more deeply. During this season of reflection, we are called to fast, pray, and perform acts of charity. It is our challenge to let clean our homes, our minds, and our hearts of the stuff that clusters our day. Through this process, it is our hope that we may more fully welcome into our lives spiritual gifts from God.

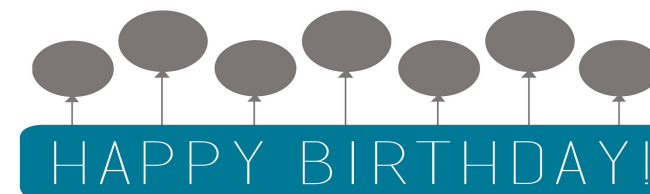
Just as Jesus spent 40 days in the wilderness with the Holy Spirit, we are called to spend the 40 days of Lent reflecting on the stories of Jesus and the deeper meaning for our lives. With intentionality and faithfulness, may we reflect upon the life of Jesus and the ways God speaks in our present day situations. It isn't easy. This process takes time; it takes patience, and it takes practice. Day and night, God moves in our midst; however, we must create an openness in order to experience and understand the Spirit of the Lord. In these ways, we will experience the still, small voice of God speaking to us.

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

Seeking the voice of our Creator God, Pastor Matt

Lynn Rymarz Portrays "Julia Child"

Friday, March 13th at 2:15 PM
The Chapel of St. John



1 Joyce M.
1 Carl S.
1 Hans T.
2 Darlene D.
4 Fern F.
4 Kazimiera G.
4 June W.
6 Marion J.
8 Kyle C.
9 Patricia W.
9 Verlee B.
10 John B.
10 Ione H.
10 Betty Anne V.
12 Christine C
12 Sharon G.
12 Elaine V.
13 Norma Gale W.
14 John M.
15 Meloria C.
15 Demitria G.
17 Mary T.
18 Evonne A.

18 Pamela J.
18 Phyllis W.
19 Violet A.
20 Benedict O.
21 Lois C.
22 Joyce N.
22 Katherine P.
22 Alice S.
22 Phillip W.
23 Jack M.
23 Dolores U.
26 Judy A.
26 Catherine E.
26 Lester L.
27 Marilyn M.
28 Mary B.
28 Edvins B.
28 Jan H.
29 Richard C.
30 Mary L.
31 Joseph M.
31 Jane R.
31 Barbara T.

A WORD FROM OUR FOUNDATION



Pearls of Wisdom



Four years ago my daughter needed a car for student teaching. She and her sister had shared a car throughout high school and college, but Lauren was away at NIU and Jessie needed transportation every day. So, Chris and I decided to give Jessie my five year old Honda Accord and I would get a new car. I was so excited to look for something that was not “momish” anymore. So I started to look – and I soon found Pearl.

Pearl (my car’s name) is a Mini Cooper and a pearl white color – hence the name. She only has two doors and a small back seat – so is really made for two. She has a great sound system, a moon roof and is super-fast. I simply love driving her.

As I was enjoying my ride to work one day I realized that Pearl really is wise beyond her young four years. This is what Pearl has tough me throughout our relationship:

Take the Long Way. I could get to work a few minutes faster most mornings if I took the toll way, but instead I take the back roads and enjoy my coffee of the way to work. Taking a few extra minutes and staying away from crazy traffic helps my day start on a much better note.

Turn Up The Radio. Life is just better with music. Even after the worst day if I get in Pearl, put the windows down, and crank up my music (maybe a little Sam Cooke or Frank Sinatra always helps), the stress seems to seep away.

Never Underestimate Your Ability Carry What Matters. I have fit many things in Pearl that most people would not believe including my 90 pound dog JoJo, a full Costco run with a week’s worth of groceries, or everything needed for a long weekend away. Trust me, if it is important you can find a way.

It is Good to Leave Your Worries Behind. We live along the Fox River and on nice spring days my husband and I like to travel along the river on Pearl – maybe stopping for lunch or a snack. Sometimes just an afternoon away can feel like a vacation with the windows down and the radio up.

Donors can learn a lot from Pearl too. She is not worried about her size, she knows she matters!

So join me as this spring bursts forth and be a little like Pearl. Enjoy your favorite tunes. Take a walk outside to relieve stress. Or go pray in the Chapel and leave your worries behind. Pearl and I will be taking the long way home...



My Fitness With Anthony Urse

Dietary Barriers

Hello everyone and welcome to the month of March! I am going to continue talking about diet in this month’s article. More specifically, I am going to be talking about barriers that arise when changing your eating habits. If you read the fitness articles regularly this topic will be familiar, as I wrote about general fitness and wellness barriers. These barriers were divided into physical, mental, and behavioral categories and were not very specific to eating habits. The same categories will apply for dietary barriers.

Physical Dietary Barriers

A physical dietary barrier includes anything in the physical world that impairs your ability to consume healthy foods. For residents living in Lutheran Home, the most common physical barrier will be those imposed by medical conditions. For example, a type 2 diabetic will have to monitor their blood sugar and limit their consumption of anything that has a high sugar content. The first thing that comes to mind is food items like chocolate or juice, but actually includes a wide array of fruits and other starchy foods that are rich in nutrients.

Mental Dietary Barriers

As the title implies, mental barriers reside within the mind. The most prevalent sub-category of mental barrier I think of is one of knowledge – or lack thereof. It is super hard to eat healthy foods when you don’t know what habits are good versus bad! For example if you don’t know how to prepare a healthy foods in a manner that make them taste good, chances are you aren’t going to suffer and eat something that tastes awful! I fell into this conundrum not too long ago when I tried cooking black soybean pasta. The product was rich in protein (25g per serving) but tasted like absolute garbage. Another prominent mental barrier lies with taste itself shaping the reward system in the brain, but that will be discussed in a later article.

Behavioral Dietary Barriers

Behavioral barriers arise from our daily habits and choices we make, and are incredibly difficult to reshape – especially when we make certain kinds of choices are entire lives. The lifestyle we live shapes how we perceive and consume food. This is especially true when we think about the cultural impact of how we perceive food. Do you think you could convince an Italian to eat less pasta? How about telling an American to consume less meat? Yet these are the options that people face when they attempt to make changes to their eating habits, and it is a hard pill to swallow because generally the foods that we have the unhealthiest relationship with are the ones that we have to eat less of.

In the following months I’ll go into more detail in each of the above categories and offer some tips for overcoming them. Thank you for reading!