

# 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**  
**5/7-Pick of the Litter, 5/14-A Flea Market Documentary,**  
**5/21-Meru, 5/28-Apollo 11**

## *"Underwater Adventures with Marc"*

**Tuesday, May 5, 2:00 PM- Channel 4**

**Join Resident Life Director, Marc Raben, as he takes us through his adventures under the sea. Marc will take you to shipwrecks off Dry Tortugas National Park that he has explored and show you all of the underwater life and coral reefs that he has been fortunate to capture on film. You may even see some sharks!**



# HEARTH & HOME

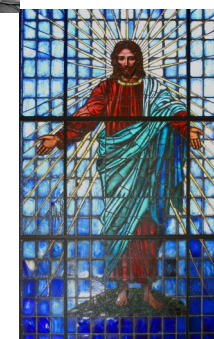
A monthly newsletter for residents,  
families, friends and staff of  
Lutheran Home

**May  
2020**

Spirituality



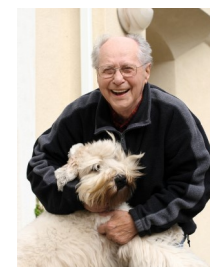
Health



Creativity



Social



Music

Physical



Cognitive



Emotional



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





I know the last several weeks have been very difficult. I want to again express my appreciation for the kindness and understanding you have each shown, as you have experienced a significant disruption to your normal routine. Providing our residents, patients and associates a safe and healthy environment is always our top priority. I know that we will get through this difficult time together, as one Lutheran Home family. My commitment to you is we will continue to take every step to keep our associates and residents safe. And throughout the process I promise continued open and honest communication.

Blessings,  
Andy

## Culinary Corner

# May Nutrition

Now you know! You can impress your friends and family by mentioning these special days, weeks and months throughout May! You can check out the University of Nebraska's website (or have someone else print it for you!) for additional information, as well as recipes and links to research every month. It's a fun way to learn!





# FROM THE CHAPLAIN'S DESK

*Those who live according to the Spirit –  
set their minds on the things of the Spirit.*

Romans 8:5b

We are people of the resurrection. In the weeks that follow Easter, we celebrate the risen Christ. The Easter story reminds us that Christ overcame death. Our God is a living God – fully present in our lives. And, new life is ours if we set our minds on the Godly things.

While this focus is our goal all year long, it's easier to be aware of God during springtime. Everywhere I look this time of year, we see signs of God as the natural world transforms into a pulsating new creation. The things of old have passed away, look around we see all things new. However, let's not rush through our day or week as to miss all that God's beautiful creation has to offer us.

God is present in all aspects of Creation. We recognize God with the arrival of vibrant green grass and the budding trees and bushes. We see God in the colorful flowers that burst from the ground. We hear God with the singing of the birds and the sounds of children playing outside. We feel God in the warm sunshine and the spring rains. In so many ways, our senses are alive with the presence of God.

The Spirit of God is all around us. Do you see it? Do you hear it? Can you feel it? Take in the Spirit of God through all your senses. Take a look at the emerging life of spring. As we recognize the presence of the Creator's Spirit, we are reminded that Christ is alive. Recognize the Spirit of God in our midst. We open and aware of all the inspiration that the Holy One has to offer our hearts and minds each day. Be full of life. Set your mind the amazing things of the Spirit. Open your heart to the presence of God.

*In the Spirit of the Risen Christ,*

Pastor Matt Smucker, Director / Chaplain  
Pastor Trish Baik, Chaplain / Worship Coordinator  
Chaplain Andrea Hug, Visitation Chaplain

## Grammy Award Nominee Maureen Christine Presents “The Roaring Twenties”

**Tuesday, May 12 at 2:00 PM– Channel 4 Livestream**



**2 Joan B.**  
**3 Doris K.**  
**3 James O.**  
**4 Raul G.**  
**4 Dorothy R.**  
**5 Rose Marie D.**  
**5 Charlotte E.**  
**6 Jean G.**  
**7 MaryAnn B.**  
**7 Richard J.**  
**8 Mary Beth L.**  
**9 Angelo M.**  
**10 Albert M.**  
**12 William B.**  
**12 Joan C.**

**12 Lorraine G.**  
**13 Lynda Z.**  
**14 Mary Joan F.**  
**14 Jennifer K.**  
**15 Mary C.**  
**16 Zofia Z.**  
**20 John B.**  
**20 Dorothy S.**  
**21 Mary F.**  
**21 Arlys K.**  
**21 Arlene S.**  
**22 Nora P.**  
**25 Dolores S.**  
**26 Sharon M.**  
**31 Evelyn M.**



## A WORD FROM OUR FOUNDATION



My great-nieces and nephews range in age from 2 to 12 and are a big part of my life. With the current COVID-19 crisis I have been trying to find ways to connect with them and recently sent a letter with packets of flower seeds. I know for young children this could be a very scary time. With the lifetime perspective I have – I think it is important to let the younger generation know that life will go on. Think of the things you have been through in your lifetime – wars, recessions, floods, storms, and personal tragedies. And you made it to the other side with the support of elders and mentors. I guess it is our turn to support those younger than us! Following is the letter I sent. Who will you assure today?

***Dear Sydney, Isaac, Parker, Merrek, Will, Tilly, Landon, Harper, Hayes, Gabe, Kai, and Drew:***

***I know that the last few weeks have been very different. No school. No play dates. No sports. Lots of talk about a virus. Trust me it is weird for the adults too! I just thought I would write you all this note to let you know that I love each and every one of you, I am praying for all of you every day, and I know that things will get better so you do not have to be afraid. I have been through a lot in my life – including two cancers, some hard financial times when we owned our businesses, and some hard personal times when people I loved went to heaven.***

***But the one thing I learned from all of that is I know deep down everything will be OK.***

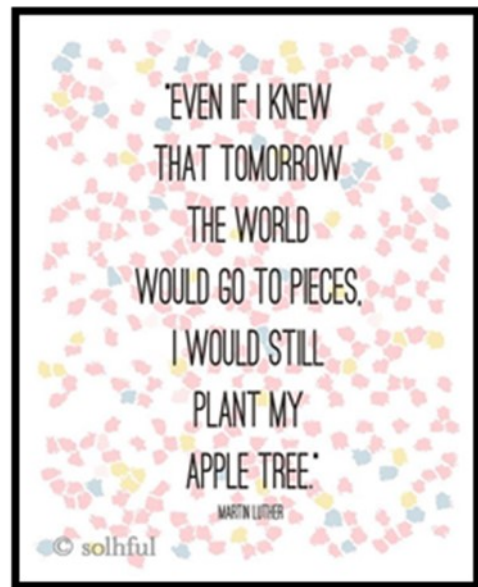
***This is an imperfect world – people get sick, stock markets rise and fall, and sometimes people let us down. But if you lean on your faith and your family – you can get through all of those times. We will all get through this together.***

***I have included some seed packets for each of you. I really think that planting flowers or a garden is a magical way to experience the beauty of this world and the strength of our God. So this is what I suggest. We should all plant our seeds in the next few days. I think I will start mine in a special pot. Then let's all watch them grow together. It will remind us that we all have each other even when we are apart. It will also remind us that things will be OK as long as we take care of each other and our small corner of the world.***

***I am actually writing this on Earth Day – which seems very appropriate! I have included one of my favorite quotes below. It is by Martin Luther who founded the Lutheran Church and it shows the strength that faith can give you. We can't stop planting and dreaming of tomorrow!***

***If you want to take pictures and send them to me I would love it!***

***Love, Aunt Cheryl***



## My Fitness With Anthony Urse

### Physical Dietary Barriers

Hello everyone and welcome to the month of May! I find it hard to believe that over a month has passed since lockdown has been initiated. I want you to know that I miss seeing you all and am praying that things get back to normal quickly. Last month I wrote a special COVID-19 article detailing how to stay active in quarantine. It was a detour from a mini-series I am working on, but now is the time to get back on track. For the month of May I will be writing about physical dietary barriers. The term “physical” refers to anything in the physical world that impairs the ability to eat healthy. The subcategories I’ll be using to group these barriers are “external” and “internal”.

External physical barriers include any physical element of the world outside of the body that interferes with healthy eating. For the residents of Hearthstone and Lutheran Home, the most prominent external physical barriers are the lack of access to grocery stores. In order to feed the large number of residents who live here, Lutheran Home needs to mass produce meals. The culinary department goes above and beyond making sure healthy foods are available to eat, but cannot cater to the individual preferences of everyone who lives here. Example: If you like vegetables sautéed with fresh garlic (like me!) but aren’t partial to steamed vegetables (also me!), yet frozen steamed vegetables are easily served en masse, you may have an aversion to the vegetable options available to you.

Internal physical barriers refer to anything inside the body that impairs healthy eating, and can even go hand in hand with external barriers. Medical conditions are the primary cause of an internal barrier and include (but are not limited to): Diabetes, Parkinson’s, difficulty chewing or swallowing, fluid retention, etc. In many instances these conditions are only treatable, but there are still actions that may be taken to work around these conditions. Fortunately, Lutheran Home dietitians know what needs to be done.

Ok, so I bet those of you who got this far in the article are thinking “Great, but so what? You just told me something I already know about myself.” This is true, but are these concepts in your head when you’re making a choice of what to eat? Making and sustaining dietary changes have a lower success rate if you don’t know all the obstacles that will get in your way. This being said, here are some practical suggestions to help you make healthier eating choices:

- 1) Reduce portion sizes of your meals. “Less is more!”
- 2) Eat as much of the rainbow as you can with each meal. This helps to avoid loading up on only carbs and meat (the tastiest foods in a meal!)
- 3) Opt for a healthy snack option in between meals, or skip the snack all together. Are you eating because you are hungry or because you are bored? (More on this later).

Thank you for reading and keep smiling!