

# LUTHER PARK PRESS

## ART THERAPY

Our Alzheimer's residents participated in a five week Art Therapy Group sponsored by both the Des Moines Art Center and The Alzheimer's Association, local chapter.



Peggy Leonardo (coordinator for the Des Moines Art Center), artist Tracy Duran who participates in community projects with the Des Moines Art Center, artist Dario Robleto from



Texas, along with Connie Lucas from the Alzheimer's Association all worked together to bring out the artist and/or



interests of each person. Water color and oil paintings were produced with



surprising success, great enthusiasm and exhilarating excitement.

ART THERAPY CONTINUED ON 02

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**ART THERAPY CONTINUED FROM COVER**

Some of the greatest accomplishments include: increased social interaction between residents during group meetings, a high quality of the resulting paintings, and the surprising (yet positive) response of the residents to

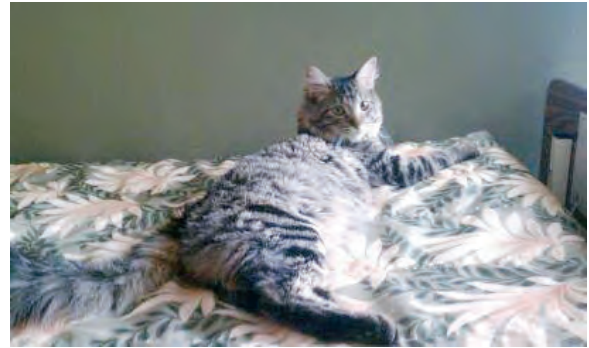


the painting they produced. An art showing was held for families, friends, and participating residents; again with very impressive responses from all. We would love to host this group again sometime.



**MEET OUR NEW PET**

**B**entley joined the A Hall residents in June of 2011. He has settled right in, enjoying all of the attention from the residents and staff. Bentley



joins Sonya - who can usually be found following Stacey Brand all around the building. Stacey is our Assistant Director of Nursing and Bentley gets quite a work out.



**VALENTINE'S DAY PLANS  
TRINITY CENTER**

**W**e will be celebrating on Valentine's Day with a party including music and dancing. A King and Queen will be chosen for each hall and second floor. Both our staff and residents will be casting ballots. All elected King and Queen will receive crowns and flowers. Everyone is welcome to join in the festivities!

Denny Bradshaw  
Director of Activities, Trinity Center

## A NOTE FROM DOT

Dear Friends and Family,

Hard to believe it is 2012. 2011 was a busy year and this one looks like more of the same. We have had some new regulations to learn and adhere to. The way we process some of our mandated reports to Centers of Medicare and Medicaid (CMS) changed in 2011. It was a very smooth transaction. The team here at Trinity did a wonderful job. There are lots of new challenges now in 2012. Health care is moving towards electronic health records (EHR). We at Trinity Center will be busy learning what that new process will mean for us. Right now we are focusing for our upcoming annual survey. I am again confident in our staff here at Trinity and I know they will do a fine job.

The community is currently in the mist of flu season. Cold weather has finally returned to Iowa and winter vacations are over. Please remember if you are ill, do not visit. Please wait at least 24 to 48 hours after all symptoms are gone before visiting. If you have not received your flu shot you should ask your doctor about getting one. It is not too late. The flu vaccine is good for 1 seasonal year. Also remember to perform hand hygiene. Washing hands is the number one way to prevent the spread of diseases. Wash before you eat or prepare foods, when your hands are visibly soiled, after exchanging money when shopping or after using the bathroom. If you are in an area where you cannot wash your hands with soap and water, hand sanitizer should be used. You can find this at many local stores in various sizes and fragrances.

I would also like to take this time to remind you to talk with your doctor about other vaccinations. Are you up to date with tetanus, this vaccine is given every 10 years, what about pneumonia shot, everyone over the age should have a at least one. Don't forget to ask about the shingles vaccine. If you had small pox as a child you could be at risk for shingles in your adult life. This can be a very painful experience.

Have a safe and healthy 2012,  
Dot Donaldson RN BSN  
Director of Nursing, Trinity Center

### 2012 BIRTHDAY PARTY SCHEDULE TRINITY CENTER CELEBRATIONS

#### DATES:

#### HOSTS:

January 15 . . . . .	Highland Park
February 19 . . . . .	Zion
March 18 . . . . .	Faith
April 15 . . . . .	Grace
May 15 . . . . .	Peace
June 17 . . . . .	Lutheran Memorial
July 15 . . . . .	Mount Olive
August 19 . . . . .	Capitol Hill
September 16 . . . . .	Prince of Peace
October 21 . . . . .	Our Savior
November 18 . . . . .	Hope Lutheran
December 16 . . . . .	St. James

**A BIG THANK YOU TO THESE HOSTS!**

**IF YOU HAVE ANY QUESTIONS OR  
WOULD LIKE TO HELP,  
PLEASE CALL:  
DENNY BRADSHAW  
262-5639 EXT: 144**

## CHRISTMAS AT TRINITY CENTER

Christmas at Trinity Center Luther Park (TCLP) is a sight to behold, trees decorated, parties, with Christmas cookies, decorated by Active Coordinators, and Christmas music for all families, friends, and residents to sing-a-long with. It was so great to see all of the family members at the parties to celebrate the holiday season with their family members.



Again, our Auxiliary members and their churches donated a great number of Christmas gifts for our residents, who each received a gift bag of goodies.

The activity staff enjoys packing the gift bags, trying to make sure each resident would receive something they would like. TCLP always makes Christmas a special event for the staff, with a dinner, gifts and a drawing for a big screen TV this year. Tina Burbower of the housekeeping department was the winner of the TV. **CONT. TOP OF NEXT COL.**

Looking forward to an active and happy 2012!

Denny Bradshaw  
Activity Director, Trinity Center

## SUPPORT GROUPS

Trinity Center at Luther Park hosts two support groups every month. These are open to anyone on our campus or within the community.

One support group is referred to as the “Spouse Luncheon” and it is generally held the last Friday of every month at 12:00 pm in the back half of the Community Center. Anyone who has or has had a spouse reside on our campus is invited. It is a gathering intended for them to share a meal and similar experiences. This is added support for one another while their loved one is on this journey. Many lifelong friendships have developed from this luncheon.

The Alzheimer’s support group is held the second Thursday of every month in the Community Center from 5:30 pm to 7:00pm. The surrounding community and our current campus residents are invited for coffee and cookies to share and support one another.

The support groups are led by Lori Austin Bennett, LMSW, and Social Services Director for Trinity Center. She is available at any time Monday through Friday to assist with questions that you may have.

Lori Austin Bennett  
Director of Social Services

## HOLIDAYS AT THE GARDENS & LINDENS

The children from Garton Elementary School sang for us on December 14<sup>th</sup>. The residents and staff really enjoyed the holiday music. We are so grateful for our partnership with the school and the performance of the children here.



The Christmas party for our residents was held on Thursday, December 22<sup>nd</sup>. We were pleased to present a lovely group of young women who performed a Christmas Praise Dance. Staff members of Luther Care Services and their family members presented a beautiful Christmas Pageant. Julie Brent – Thompson, an employee of The Gardens, sang “Oh, Holy Night” for us. She has a lovely voice.



Our former employee, Jeanenne, came back to play the piano for us, and Santa made an appearance! The staff members brought lots of cookies, candies and homemade snacks. What a great time had by all!

(We do have a video of the program if anyone would care to watch it.)

May your days be merry and bright!

Valerie Kautzky  
Director of Activities, The Gardens

## SPA TREATMENTS NOW AVAILABLE ON CAMPUS

### MANICURES & PEDICURES:

Angie Clark offers manicures and pedicures in The Gardens’ beauty shop every other Wednesday. This service is available to anyone interested.

Please contact our office at 265-1887 for more information.

### MASSAGE THERAPY:

We recently began offering massage therapy at The Gardens. We are very excited for the ability to offer this service for anyone who may be interested. We are currently in the process of updating scheduling.

For more information; please contact our office at 265-1887.

## FEB. CELEBRATIONS AT THE GARDENS

Black History Month will be celebrated at The Gardens & The Lindens. As a part of this celebration the employees will prepare a dinner for the residents. Other activities are being planned.

Please contact us for additional information at 265-1887.

## FREE HEARING EXAMS AT THE GARDENS

For individuals concerned about their hearing, Dr. Weaver, Woodard Hearing, and The Gardens have partnered to provide FREE hearing exams. Dr. Weaver is available on the second Tuesday of every month (from 1:00 to 3:00) in the 3rd Floor Spa Room to talk with you about hearing concerns and ways to improve communication with friends and family. Call Dr. Weaver at Woodard Hearing (515) 255-2300 to make an appointment.

Robert Telesky celebrated his 100<sup>th</sup> Birthday on November 28, 2011. He was born and raised in St. Louis and married to his lovely wife, Helen, for 65 years. Robert retired from Terminal Railroad in 1975 and received a 100<sup>th</sup> birthday award from the Terminal Railroad. Robert has 1 daughter, Board Member Linda Henscher, 2 grandsons - Allen & Scott, and 2 grandchildren - Matthew & Rachel. Robert is a resident at The Gardens. CONGRATULATIONS ROBERT!

## HIGHLIGHTS FROM SUSAN GARLAND

These are busy times at Rose Glen and Luther Park Apartments.

We work to make the best possible living experience for our residents. We are here to provide a safe, clean, upscale living opportunity for people who are sixty-two or above at affordable prices. We are pleased to offer fun and interesting activities and events that entertain and support our people.

At Rose Glen, all of our apartments are full with a waiting list.

The Luther Park Apartments currently have an unusual situation and an opportunity for people to move in without the long wait. If you, a friend or family member are interested in LPA this is a great time to consider making a move to independent living.

If interested, please contact us at 262-1153.

Susan Garland, Administrator Rose Glen & Luther Park Apartments

## 100TH BIRTHDAY CLUB



## CHAPLAIN'S MUSINGS: MY THOUGHTS

### DEVOTIONAL

Several weeks ago while the Tuesday afternoon Bible study was being held, the following incident occurred:

While we were discussing law, gospel, bible and salvation; I saw a boy about three year's old running down the sidewalk outside the window. He ran with great delight in life and in his ability to run. He ran with a huge smile on his face. All was well for him and he was enjoying running. When he got to the curb at the end of the sidewalk, he knew he was not to go into the street or the parking lot alone. He was confronted by the law. He was no longer smiling, no longer joyful; all he could see was the law that broke his fun, the law that he was the young to change. After about 30 seconds, a man about 6'3" came down the sidewalk. He did not slowdown in his steps, he bent his knees as he walked and took a big hand to the backside of the boy. In one movement, he picked up the boy, held him in his arms, hugged him and kept on walking. The smile on the boy's face, relieved, and it was bigger than ever. The man, I assume was his father, hugged the boy, smiled back, walked to the truck, put the boy in his seat and drove away. The boy was still smiling.

In our lives, we are confronted by the law, confronted by our brothers, confronted that we cannot change the rule that we have broken; but God in Jesus Christ has reached down, picked us up, hugged us and has made us His own, so that we can again smile, as we are loved and hugged by God.

### GOING ON

We had a good time for Advent and Christmas. We have needed some new Hymnals at the Garden, the Lindens, and the Trinity Center. I have ordered 35 Hymnals, 7 for the Lindens, 16 for the Gardens and the rest for the Trinity Center. I had discovered that some of the Hymnals were missing pages, missing covers or just looked bad. We are currently making plans for Ash Wednesday on February 22, Lent, Holy week and Easter on April 8<sup>th</sup>.

### MY BLESSING

Have a Blessed Season of Epiphany, and a Blessed time preparing and celebrating Lent and Easter.

Marcus Engelhardt, Chaplain

## HATS & HORSESHOES

We are hosting our first annual fundraising event, Hats & Horseshoes, on the Wednesday before the Kentucky Derby, May 2, 2012. This event includes a silent auction of Kentucky Derby hats, games, live entertainment, food and drinks. Information regarding this event will soon be available on our Web site including the option to purchase general admission tickets. If you are interested in information regarding how to help sponsor this event or in purchasing tickets, please call Angie at 262-5639 ext 230 or email: amesenbrink@luthercareservices.org



# LUTHER PARK PRESS

A Publication Representing: (Trinity Center,  
The Gardens and The Lindens) at Luther Park •  
(Luther Park and Rose Glen) Apartments



**LUTHER CARE SERVICES**  
**2824 E. 16TH STREET**  
**DES MOINES, IA 50316**

NON PROFIT  
ORGANIZATION  
US POSTAGE  
PAID  
DES MOINES, IA  
PERMIT NO.4839

## TRINITY CENTER WORSHIP SERVICE ESCORTS

### FEBRUARY:

05 Mount Olive  
12 Windsor Heights  
19 St. James  
26 Prince of Peace

### MARCH:

04 Christ Lutheran  
11 Luther Memorial  
18 St. James  
25 Prince of Peace

### APRIL:

01 Lutheran Church of Cross  
08 Luther Memorial  
22 Hope  
29 Zion

THANK YOU TO ALL WHO HELP!!!  
TO SIGN UP, PLEASE CALL DENNY  
BRADSHAW (515) 262-5639, EXT: 144

## DEVELOPMENT DEPT. UPDATE

Jodi Urich has come on board as the new Director of Development for Luther Care Services; and Angie Mesenbrink started as the Director of Community Relations in August of 2011. Ray Main moved to a new position here as the Government and External Relations person.

Our website, [luthercareservices.org](http://luthercareservices.org) has recently undergone a transformation and the results are now available for you to see online. This has been and continues to be a work in progress. Keep checking often for updates!

## LUTHER PARK AUXILIARY NEWS

### SPRING SANDWICH AND BAKE SALE:

Saturday, April 14, 2012 (11:00 am - 1:00 pm)

### ICE CREAM SOCIAL:

Sunday, August 5, 2012 (2:30 pm - 4:30 pm)

### FALL SOUP & BAKE SALE:

Saturday, October 13, 2012 (11:00 am - 1:00 pm)