

At home

A LOOK INSIDE NAZARETH LIVING CENTER



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Mission Statement

In the tradition of the Sisters of St. Joseph of Carondelet, Nazareth Living Center participates in the healing mission of Jesus by ministering with compassion and responding creatively to the needs of aging persons.

Share the Nazareth Experience

Studio and suite accommodations and Respite Care are available in Assisted Living in Gleason Hall. Medicare A rehabilitation accommodations are also available. For more information or a tour, contact S. Rita McGovern, CSJ, Director of Admissions, at 314-649-4660.

THE RAINEY KELLEY FAMILY JOINS THE NAZARETH BENEVOLENCE SOCIETY

September 20, 2007, was a very special day for the Rainey Kelley Family. Eight members of the family celebrated the occasion of what would have been Rainey and “Kel” Kelley’s 66th wedding anniversary by donating to Nazareth Living Center and placing a silver leaf on the Nazareth Benevolence Society’s donor tree in memory of their parents.

The Kelleys were married at St. Paul’s Catholic Church in Pine Lawn, Missouri, in 1941 and had five children and five grandchildren. Rainey was a resident at Nazareth Living Center for seven months until she passed away on May 31, 2006. Mr. Kelley died in 1995.

Pat Fischer, one of the Kelley’s daughters, said that “Rainey’s cousin had been a resident of Nazareth and was extremely happy with the level of care, concern for each resident and the warm atmosphere. We chose Nazareth for our mother because we were looking for a place with a warm, home-like atmosphere.” She said that the staff always made them feel welcome – that Nazareth felt more like a family than like a business. Pat said, “We donated to Nazareth in memory of Mom and Dad because their family was their whole life and we wanted to give back because we considered Nazareth part of our family.” Pat and her sister Kathy Caldwell continue to volunteer at Nazareth as members of the J.U.L.I.E.T. Club (Joyful Unique Ladies Initiating Eating Together). The J.U.L.I.E.T. Club is a social group whose members either have loved ones at Nazareth or whose loved ones passed away at Nazareth.

Carl Hendrickson, Board Member and Chair of the Development Committee, welcomed the family to membership in the Nazareth Benevolence Society. The family chose the location for the leaf on the tree, then enjoyed lunch in the Gleason Hall Dining Room.



Carl Hendrickson, Development Committee Chair; Robert Maier, Tom Caldwell, Ginny Maier, Dottie Vanecek, Kathy Caldwell, Pat Fischer, Tim Chesney, Rich Fischer and S. Rita McGovern, CSJ, after viewing placement of The Rainey Kelley Family leaf.

Outright gifts at a particular level and cumulative donations made in memory of someone that reach a qualifying level entitles the donor(s) to their engraved leaf, their choice of placement on the tree and lunch at Nazareth within a month of the donation. All other cumulative gifts will be acknowledged and appropriate leaves placed on the donor tree each year prior to the Donor Recognition Dinner. The 2008 Nazareth Benevolence Society Donor Recognition Dinner will be held on April 27 at Nazareth.

For more information regarding the Nazareth Benevolence Society, contact Patricia Viveros, Director of Marketing and Development at 314-649-4662 or pviveros@nlccsj.com.

Sponsored by the Sisters of St. Joseph of Carondelet

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NAZARETH
LIVING CENTER

'TIS THE SEASON...



From the Executive Director

When we hear that so familiar phrase, we think not only of the rest of the line – to be jolly- but also of the flurry so often associated with the holidays. Buying and wrapping gifts, baking cookies and breads, arranging dates to gather with family, friends and co-workers, hoping and praying for a white Christmas, preparing special meals...it gets me tired even writing those words.

What matters most, of course, is being with family and others who hold a special place in our hearts...being “at home” with those most important to us. Hopefully, what rises to the top in the midst of this flurry of activities is thoughts of how gifted we are to be sharing the holidays with our loved ones.

I was recently with a family in the process of moving their loving and loved father from our assisted living residence to skilled care. What I was touched by was what was uppermost in their minds as we talked about this move. They simply and profoundly want their dad to be happy. This is the type of gift that matters most. Though their dad’s move is difficult, their desire is for him to be as happy now as he has made them so often during the years he was fully present to them. Presence and presents...what greater gift is there than presence. Without that base of loving care, all the presents in the world don’t matter.

That gift is one I see in action on a daily basis...the presence of family to a loved one, the presence of loving staff members to residents who have become “family” to them, the presence of co-workers who share their care and compassion not only with our residents, but also with each other. I am grateful for all the times I am gifted when I see this love in action. Christ’s birth and the loving presence of His Holy Family are celebrated during this time by Christians throughout the world. May your family be blessed with the gifts of presence, peace and joy throughout the coming New Year.

— *Lu Westhoff*



S. Rita McGovern, CSJ Celebrates 15 years as Director of Admissions

*Lu Westhoff, Executive Director,
congratulates S. Rita McGovern, CSJ,
on her 15th anniversary as
Director Of Admissions.*



AT HOME WITH ACTIVITIES

Halloween Party Costume Winners



Winners for the best Halloween costumes were:

1st place – Don Guilfofy; 2nd place – S. Mary Denis Lessard, OSU; 3rd place – Millie Carpenter.

The NLC Activities staff has been very busy providing new and exciting activities for the residents. During the past few months, residents have enjoyed:

Red Hat Wine Tasting Party
Summer Watermelon Party
Hawaiian Luau

Men's Pizza & Beer Luncheon and Cardinal Ball Game
Nazareth Dog Day Parade
GH BBQ
Oktoberfest with Musical Entertainment
Halloween Costume Contest with Prizes
Veterans Day Celebration



S. Elizabeth O'Donnell's dog, "Holly" dressed for the Dog Parade.

THREE CENTENARIANS CELEBRATE BIRTHDAYS

101 Years Young
Margaret Taake

100 Years Young
S. Mary Grace Heiner, CSJ
Josephine Prebil

In Memory of...

July – November 2007

Mary Ambro
S. Clare Anne Burke, CSJ
S. Raymond Joseph Cordes, CSJ
Ruth Corrigan
Barbara Day
Dorothy Doyen
Loretta Drury
Margaret Gebhardt
S. Caritas Gnitowski, CSJ
S. Albina Gussin, CSJ
S. Celeste Harrington, CSJ
S. Frances Kane, CSJ
S. Ella Josephine Kaster, CSJ
Viola Lawton
S. Laurentine Lorenz, CSJ
Marie Mergel
S. Marilyn Miller, CSJ
S. Rachel O'Meara, CSJ
Kathryn Palumbo
Sylvia Pott
Kathryn Proot
Jane Purk
S. Alberta Ann Ruys, CSJ
John Schutz
Iva Schweizer
Marie Thomas
Margaret Mary Wittmann
John Youngblood

*For more information on Activities at NLC, contact Autumn Gobble, CTRS,
Lead Recreational Therapist at 314-649-4649*





Race of Champions winner – Erica Axelbaum.



Participants enjoy "Mouse Roulette."



Co-Chairs Therese Laskowsky and Cindy Lupicki holding the very clever "cheese-laden" centerpieces.



Development Committee Chair and Board Member, Carl Hendrickson and wife Saralou, Lynn Guyles, Monie Kohl, Pete Arena, and Kristy Dorris study the race form!

2007 NLC MOUSE RACES A HUGE SUCCESS!!



A sell-out crowd including staff, residents, volunteers and members of the community enjoyed Nazareth's first annual Mouse Races. The S. Mary Timlin Room was transformed into a luxury "trap" any mouse would be happy to be "caught in." Over \$7,300 net was raised through the generosity of 200 seasoned and first-time mouse race participants. The net proceeds will go toward a resident van. An incredibly good time was had by all!

The event could not have taken place without the many hours of work spent by the Mouse Race Co-Chairs, Cindy Lupicki and Therese Laskowsky, and all the members of Nazareth's J.U.L.I.E.T. Club! The race crowd enjoyed wine, beer, soda, snacks and pizza provided by Gateway Pizza. Many participants brought their own snacks and had a "picnic at the races." A big thank you to all of our sponsors – Major Sponsors: Gateway Pizza; Reuter Law Firm; Senior & Special Needs Solutions, LLC; and Al, Joan and "Putter" Ketzner. Steeplechase Sponsors: Pam Cacchione, Graphic Connections, Intaglio Creative, Mike Mount, John Ringwald, and Maria Wendl. Race Sponsors: Carol Aubuchon, Carl Hendrickson, Mike Seymour, and Lu Westhoff.



Uggh! I'm tired - glad it's over!

RACERS

WINNERS PRINTED IN RED

Race 1

1. **Flying Horse** (Trainer: Chris & Jane Sullivan)
Handicap Notes – Faster than a speeding bullet...more powerful than a locomotive...so bet on me!
2. **Cat Bait** (Trainer: Sylvester a/k/a Bill Westmeyer)
Handicap Notes – Faster than lightning – twice as bright!
3. **Flower Power** (Trainer: S. Rose Mary Brueggen, CSJ)
Handicap Notes – Sweet smell of success!
4. **Nun But The Best** (Trainer: S. Gretchen Wagner, CSJ)
Handicap Notes – Forget all the rest!
5. **Steamboat Willie** (Trainer: Al Ketzner)
Handicap Notes – Like rollin' down the river!
6. **Chase** (Trainer: Terri Purviance)
Handicap Notes – Catch me if you can!

Race 2

1. **Don Corleone** (Trainer: Pete Arena)
Handicap Notes – He'll make you an offer you can't refuse!
2. **Gazelle** (Trainer: Elaine Bell)
Handicap Notes – That's my name and I run the same!
3. **House Mouse** (Trainer: Carl Hendrickson)
Handicap Notes – Captured in the house and personally trained!
4. **Speed Racer** (Trainer: Kristy Murabito)
Handicap Notes – My name says it all!
5. **Nun on the Run** (Trainer: S. Kathleen Karbowski, CSJ)
Handicap Notes – sponsored by M.O.M. (milk of magnesia) and DEPENDS – together they're partners for good clean living!
6. **Irish Rose** (Trainer: Marguerite Viveros)
Handicap Notes – St. Patrick's favorite!

Race 3

1. **Greased Lightning** (Trainer: Bill Collier)
Handicap Notes – Un-natural speed with natural ability. No steroids for this speedy rodent!
2. **Slowpoke Rodriguez** (Trainer: Keith Dorris)
Handicap Notes – Slow in the feet but not in la cabeza...is the lesser known and not quite so fleet-a-foot cousin of Speedy Gonzales!
3. **Little Juliet** (Trainer: J.U.L.I.E.T.s)
Handicap Notes – Running fast to catch her Romeo!
4. **Muggs** (Trainer: George Purviance)
Handicap Notes – One look at my face you'll know that I'm fast - look into my heart you'll know that I'll win!
5. **Belle** (Trainer: Granny & Jess)
Handicap Notes – Beauty always wins out!
6. **Cary Grant** (Trainer: Maria Wendl)
Handicap Notes – Famous for his charm, wit, and good looks. Who cares if he doesn't win – he improves the scenery!

Race 4

1. **Cheddar** (Trainer: Monie Kohl)
Handicap Notes – Got cheese – catch me!
2. **Bank Mouse** (Trainer: Frank Ziegler)
Handicap Notes – Bank on it!

3. **Louie** (Trainer: Frank Ziegler)
Handicap Notes – Louie doesn't just give you the lip!
4. **Katie Sue** (Trainer: Frank Ziegler)
Handicap Note – I may be a girl – but I can beat the boys!
5. **Abbie** (Trainer: Frank Ziegler)
Handicap Notes – Abbie's the one to beat all the rest!
6. **Catherine** (Trainer: Gerry Rauch)
Handicap Notes – She knows where she needs to be!

Race 5 — Knese Family Race

1. **Tom** (Trainer: Tom Knese)
Handicap Notes – May be old, but he can scoot along!
2. **Chris** (Trainer: Chris Knese)
Handicap Notes – Fast on the bike – slow on the run!
3. **Lenn** (Trainer: Lenn Knese)
Handicap Notes – In training for chasing twins!
4. **Albert** (Trainer: Albert Knese)
Handicap Notes – Better with horses – but his mouse rocks!
5. **Erica** (Trainer: Erica Axelbaum)
Handicap Notes – Don't whisper! She reads lips!

Race 6 — NLC Managers' Race

1. **Dizzy Izzy** (Trainer: Lu Westhoff)
Handicap Notes – Feisty and runs like a deer!
2. **Super Mario** (Trainer: Ronda Griffin)
Handicap Notes – Just off the International Circuit!
3. **Luigi** (Trainer: Julie Sirawan)
Handicap Notes – Italian import!
4. **Minnie Mouse** (Trainer: Laura Huelsing)
Handicap Notes – Our mom was a winner!
5. **Speedy Gonzalez** (Trainer: Patricia Viveros)
Handicap Notes – Fastest mouse this side of the Border!
6. **Rat Boy** (Trainer: Mike Seymour)
Handicap Notes – There's nothing he won't do for a piece of cheese!

Race of Champions

Congratulations to the Winners of Each Race:

- Race 1. Chase** (Trainer: Terri Purviance)
Handicap Notes – Catch me if you can!
- Race 2. Irish Rose** (Trainer: Marguerite Viveros)
Handicap Notes – St. Patrick's favorite!
- Race 3. Belle** (Trainer: Granny & Jess)
Handicap Notes – Beauty always wins out!
- Race 4. Katie Sue** (Trainer: Frank Ziegler)
Handicap Notes – I may be a girl – but I can beat the boys!
- Race 5. Erica** (Trainer: Erica Axelbaum)
Handicap Notes – Don't whisper! She reads lips!
- Race 6. Speedy Gonzalez** (Trainer: Patricia Viveros)
Handicap Notes – Fastest mouse this side of the Border!

Congratulations to the Grand Champion

Erica (Trainer: Erica Axelbaum)

AT HOME WITH THE MISSION COMMITTEE

BY BETTY FULLER ON BEHALF OF THE MISSION COMMITTEE

We celebrated America Recycles Day on November 15. The NLC Mission Committee invites you to recycle year-round. If you can find one small thing you might add to any efforts you are already making, you will be playing a part in preserving our beautiful earth.

- Have you found the recycling bins around the office areas for your recyclable paper?
- If you're a soda drinker, have you found the bins to recycle your cans?
- If you don't have curbside recycling in your neighborhood, have you located a drop-off location near you?
- A lot of schools and libraries have collection bins for newspapers and magazines.
- Used books can be donated to local libraries, senior centers, etc.
- Those small plastic water bottles are convenient, but you can save money and the environment by occasionally refilling the bottle with water from your tap. (Those bottles are filled with tap water originally anyway!)
- Don't forget to recycle your Christmas tree.

Stay tuned as we look around in the year ahead for ways to be more mindful of the energy we use and ways we can save!

HEALTH & WELLNESS FAIR

The Safety, Health and Wellness Committee hosted the first annual Employee Health and Wellness Fair "Turn Over a New Leaf" on Thursday, November 8th. Over 180 staff got their flu shots, visited informational booths on exercise, smoking cessation, stress management, and breast cancer. Screenings were provided for body fat analysis, blood pressure, and pulse oximetry.



Jim Gariess, Restorative Aide for therapy, gets his flu shot from Deb Smith, LPN

NAZARETH LIVING CENTER WISH LIST

Nazareth Living Center needs your help in continuing our mission of creatively serving our residents. You can "make a wish come true" by assisting with procurement of the following items.

\$5,000	Patio & furniture in front entrance of McGovern Commons
\$8,000	Automatic Doors to all courtyards in McGovern Commons (4)
\$15,000	Landscaping update for campus
\$15,000	Occupational therapy kitchen
\$20,000	Enlarged parking area - McGovern Commons
\$25,000	Greenhouse for residents and their families to enjoy
\$50,000	New furniture for Gleason Hall Community Room/Computer Lab/Library
\$50,000	Van for resident transportation (full size)

WISHES GRANTED

\$20	Game room items
\$300	Three comfort carts and supplies for families and residents
\$4,000	Automatic Doors to the First Floor Ladies' Rest Room in Gleason Hall
\$8,000	Outdoor walking path "Elsie's Way"

*For more information contact
Patricia Viveros,
Director of Development
314-649-4662
pviveros@nlccsj.com*

AT HOME WITH NLC VOLUNTEER DEPARTMENT

2007 Fall Craft Fair Update

Nazareth Living Center's Fall Craft Fair generated over \$10,200 in net revenue! The Craft Fair was held this year October 25 through October 28 and featured Halloween, Thanksgiving, and Christmas items created by volunteers, family members, friends, and resident Sisters of St. Joseph of Carondelet. The event is an annual fundraiser and social gathering for residents, families, volunteers, friends, staff, and the community. A huge thank you to staff and over 50 volunteers – ages 11 to 94 – who helped make the event a success.

The main raffle is always the highlight of the Craft Fair. This year's prizes and winners were:

- 1st Prize – Queen-size hand-stitched quilt, S. David Joesph Migliarini
- 2nd Prize – Pink afghan, Mary Eilermann
- 3rd Prize – Handmade ornaments and tree skirt, Susan Whitacker.

We also had a kid's raffle with the following winners: Amy Jones, Mary Grace Quinlan, Matt Reher, Kristen Schoemehl, Matthew Quinlan, Kirk Chanler, Caitlin Cavanaugh, and Marilyn Brown. This year we also had a very special raffle – a Nativity Scene hand painted by the art teacher at Cor Jesu Academy with a stable created by one of our woodworking volunteers, Fred Rottneck. The very lucky winner was Mike Mount.

New for 2008!

Quilts valued at over \$500 each will be raffled off every quarter beginning in January 2008. Each raffle will feature a queen-size, hand-quilted quilt. The raffle tickets will be sold for three months with the drawings held on March 3, June 2, September 2, and December 1. The raffle tickets will be sold for \$1.00 each or 6 for \$5.00. Watch your mail for raffle tickets and more information!

Do you have some time?

The Ice Cream Parlor has become a very busy gathering place for residents, families, visitors, and staff. As a result, we would like to be able to keep the Ice Cream Parlor and Gift Shop open until 6:00 pm. To accomplish this goal, we need additional volunteers each day of the week.

If you've got the time – we have something that we hope will interest you: crafting; quilting; visiting residents; activities and crafts with residents; helping with pastoral care; transporting residents to and from activities, physical therapy, dining rooms, chapel, and the beauty shop; and feeding residents who are unable to feed themselves (volunteers are given special training to feed residents). Also, student volunteers who need to fulfill service hours for school are always welcome.

Our volunteers are very special – one person can make a difference in the lives of our residents!

If you are interested in learning more about NLC's volunteer opportunities, contact Karen Folk, Volunteer Coordinator, at 314-649-4681.



NLC quilters busy on a new project:
Left back to front:
Ann Meiners, Loretta Oehler, Alice O'Brien
Right back to front:
Pat Foeller, Betty Buescher, Norma Gibbar



NAZARETH LIVING CENTER

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At Home is a publication of Nazareth Living Center. If you prefer not to receive mailings from the Nazareth Living Center, please contact us at 314-487-3950, ext. 4144, or e-mail doberberg@nlccsj.com.

Memorials and Tributes July 11, 2007, through November 15, 2007

In memory of _____

Betty Burkart

Dave and Patty Fitzgerald

Dorothy M. Doyen

Mr. and Mrs. Robert B. Weber
Patrick and Kelly Fischer

Sister Albina Gussin, CSJ

Aliceann E. Gruber

Sister Celeste Marie Harrington, CSJ

Terry and Pat Harrington

Sister Frances Kane, CSJ

Sister Helen Ryan, CSJ

Viola Lawton

John and Maria Wendl

Sister Mary Laurentine Lorenz, CSJ

Mary H. Donovan
Diane Calcaterra

Mary Ellen Lynch

Patrick and Kelly Fischer

Members of the Merrell Family

Mary Alice Merrell

Mary Kathryn Palumbo

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Kim Cleary

AEP River Operations
Maradeth and Ron Searle and Alicia
Quinlan
Karen Villa
St. Margaret Mary Alacoque Catholic
Church
Lorraine Malcomson
Lilly Ann Feldman
Judy and Larry Deutsch
Joyce A. Dutton
Mr. and Mrs. Harry Waddington
Edward and Ashley Chu
Judy and Joe Coleman
Pam Latker
Mrs. Dolores B. Pilla
Kathy and Jim Pagano
Marcia and Zika Srejavic

Jane C. Purk

Dan and Dolores Trigg
Aliceann E. Gruber
Chris and Pat Winkelmann
Marilyn R. Boncek
Jeanne Purk
Steve and Sue Franz
Marie and Karen Smith
Nancy Lydon
Louis and Dorothy Bartoloni
Mr. and Mrs. Thomas A. Rehagen
Sherry and Stacy Lindsey
Sister Karl Mary Winkelmann, SSND
Elizabeth Barlow
Patricia Purk
Charles and Deborah Dillon
Karl and Katy Winkelmann
Ruth Winkelmann

Larry Vincent Duvall
Society of Our Lady of the
Most Holy Trinity
John and Jeanne Darnton
Dave and Barb Gruzski
Cathleen Boncek
Susan McMillen and Eddie Barbosa
Bryan and Sandy Wucher
Tom Ross
Telephone Doctor and Weatherline/Dick
and Nancy Friedman
UMKC
The Springer Family

Patricia Wilson

Claire A. Lewis
Dr. and Mrs. J. Richard Landgraf
The Aholts
John, Diane, Stephanie, Brittany and
Jessica Anslar

Anna Wirthlin

Al Ketzner

Margaret Mary Wittmann

Josephine Frolker
Lois E. Call
Ross and Cindy Scheibel
Pat Mangum
Les and Heather Firestone
Greg and Jeanne Timme
Keith and Nora Benack
Keith and Kathy J. Schoenleber
Maureen F. Jackson
Sarah M. Caruso
Carol M. Braun
Ray and Judy Gruender

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Kathleen A. Holmes
Mr. and Mrs. Robert P. Juergens
Mr. and Mrs. Robert M. Wittmann
Dorothy M. Wittmann
Mr. and Mrs. John T. Johnson
Mr. and Mrs. Alan G. Allers
Mr. and Mrs. V. Jack Muehlenkamp
Marilyn Wamhoff
Merle Wittmann
Frances R. Kelles

In honor of _____

Sister Clare Burke, CSJ

Father Rickey J. Valleroy

Sister Mary Grace Heiner's 100th Birthday

Claude and Kay Gunn Martin

The 60th Jubilee of

Sister Pauline Komrska, CSJ

The Faculty and Staff of
St. Joseph's Academy

Sister Margaret Merrell, CSJ

Mary Alice Merrell

Josephine Prebil

The Snyder Family

Josephine Prebil's 100th Birthday

Richard Skoff

Mary Reinhardt

Mr. and Mrs. Charles Stout

Mary Winkelmann

John and Jeanne Darnton