

Employment Opportunities

Nurse: 4pm-12:30am M-F, No weekends
Nurse: 4am-4pm 36/40

Certified Nursing Assistants
Various shift openings (FT &PT)

Dining Services: 5:30am- 1:30pm - Every other weekend

Meadows, Universal Worker: 2:00pm-10:30pm (PT)

Housekeeping & Laundry: Full-Time

Stop in to pick up an application or apply online at: www.goodneighborsociety.org



Good Neighbor Society

Good Neighbor Home

105 McCarren Dr
Manchester, IA 52057
Ph 563-927-3907
Fax 563-927-3929

Marietta's Place

Ph. 563-927-1490
Fax 563-927-2057

The Meadows Assisted Living

200 McCarren Drive
Manchester, IA 52057
Ph. 563-927-6467
Fax 563-927-8436

The Neighborhood Retreat

1208 West Marion Street
Manchester, IA 52057
Ph. 563-927-5473

Executive Board

Diane Hammell - President
Pat Doyle - Vice President
Denise Bishop - Secretary
Dave Smith - Treasurer

Board Members

Rachel York Chris Mundy Lorene Snyder
Jan Messer Keith Baumhardt

Good Neighbor Society

Member Churches

First Lutheran Church - Manchester

Rev. Tony Ede - 563-927-3420

Peace Lutheran Church - Ryan

Rev. Dr. Lynn Banderob-563-932-2262

St. John Lutheran Church - Dundee

Rev. Dr. Lynn Banderob - 563-932-2262

Our Savior Lutheran Church - Manchester

Rev. David Weber - 563-927-4860

St. Paul Lutheran Church - Delaware

Rev. Donald Krause - 563-922-2364

United Methodist Church - Manchester

Rev. Phil Rogers - 563-927-4439

Community Congregational UCC - Manchester

Rev. David Grandon - 563-927-4772

First Presbyterian Church - Manchester

Rev. Maxwell Muska - 563-927-3762

Golden Community Congregational - Ryan

Rev. Curt Miner/Shadoe Hansen-563-932-2545

New Life Assembly of God - Manchester

Rev. Merlyn Farrand - 563-927-3324

Associate Churches

St. Mary Catholic Church

Fr. Gabriel Anderson - 563-927-4710

GNS Leadership Team

Main Office Ph. 563-927-3907

Matt Carpenter - CEO

Ext. 304

Krystle DeShaw - Director of Nursing

Ext. 312

Jessie Tibbott - Community Dev. Director

Ext. 321

Kristine Smith - Social Services Director

Ext. 333

Alaina Lynch - Recreation Director

Ext. 305

Kali Meeker - Human Resources Director

Ext. 326

Kathy Mersch - Business Office Director

Ext. 337

Steve Werner - Plant Operations Director

Ext. 315

Mary Campbell - Dining Services Director

Ext. 310

Katie Edgington - The Meadows - Director

Ext. 346

Valarie Schlicht - Neighborhood Retreat Director

563-927-5473



Good Neighbor Society
Continuing Care Retirement Community
Manchester, IA

Neighborly News

www.goodneighborsociety.org

Compassionate Christian Care For Those We Serve

June 2019

SAPFARI

Good Neighbor Home is introducing a new resident safety initiative called SAPFARI (pronounced "safari"). The **Staff Awareness for Preventing Falls And Reducing Injury** program has created a visible indicator to help protect residents who are at a high risk of falling. Current residents and new admissions will be assessed for risk of falling. Fall risk assessments will identify residents who may benefit from the SAPFARI program. Once these residents have been identified, a bright pink SAPFARI tag will be attached to the left side of the resident's door frame. Another bright pink tag will be placed on any assistive device the resident uses, such as a wheelchair or walker. Team members from all departments have been trained to check on residents with SAPFARI indicators as they pass their rooms or meet them in the hallway to ensure proper assistance is being used for ambulation and transfers. By implementing the SAPFARI program, Good Neighbor Home continues to demonstrate its commitment to resident safety and wellbeing.



Tai Chi (pronounced tie-chee), a type of Chinese martial arts originally developed for self-defense, has evolved into a graceful form of exercise used for stress reduction and a variety of health conditions. Often described as "meditation in motion," Tai Chi promotes serenity through gentle, flowing movements.

Dr. Paul Lam and a team of Tai Chi and medical specialists created Tai Chi for Arthritis in 1997. This enjoyable program involves a safe set of forms which deliver many health benefits such as pain relief, improved quality of life, improved balance, and reduced risk of falls for older adults. Tai Chi for Arthritis is supported

by medical authorities, Arthritis Foundation, and Centers for Disease Control and Prevention (CDC).

Three Good Neighbor Society team members attended instructor training with Master Trainer Linda Ebeling from Minnesota at a two day workshop hosted by Northeast Iowa Agency on Aging (NEI3A) in Grundy Center on May 23 and 24. As newly licensed instructors in Tai Chi for Arthritis and Fall Prevention, Alaina Lynch (Recreation Director), Sandi Oberbroeckling (Restorative Manager) and Leticia Timmerman (Recreation Director, The Meadows Assisted Living) will lead Tai Chi programming for residents and tenants to experience the benefits of this practice.

For people with or without arthritis, Tai Chi for Arthritis is an easy, enjoyable, safe, and effective way to start your journey to better health. An Introduction to Tai Chi will be presented Saturday, June 1 at 10:00 a.m. and weekly Tai Chi will be held on Mondays at 11:00 a.m. in Good Neighbor Home Recreation Room.

- BENEFITS OF TAI CHI:**
- BALANCE • MOBILITY
 - RELAXATION
 - STRENGTH • FLEXIBILITY
 - HEART/LUNG/MUSCLE FUNCTION
 - OVERALL HEALTH & FITNESS
 - VITALITY • STAMINA
 - POSTURE • IMMUNITY
 - PROTECT JOINTS
 - REDUCE PAIN
 - PREVENT FALLS





GOOD NEIGHBOR HOME

Compassionate Christian Care For Those We Serve
June 2019

INDEPENDENCE SECURITY
SOCIALIZATION QUALITY



From the Director of Dining Services - Mary Campbell

Allow me to introduce myself. My name is Mary Campbell. I was born and raised in Dubuque county. Having grown up in Dyersville and lived there most of my life, I am very familiar with Manchester and all the great things it has to offer. I raised my three children in Dyersville while going to school full time at the University of Northern Iowa. I received my Bachelors Degree in Nutrition and Food Science in 1995.

I have worked in food service for over 30 years in a wide variety of establishments including bakeries, restaurants, day care facilities, colleges and long-term care facilities. Recently I expanded my credentials by earning a Certification in

Dietary Management. I hope to provide a level of expertise and knowledge to not only the Dietary Department but also to the rest of the management team here at Good Neighbor Society.

I would like to take this opportunity to thank everyone for the warm welcome I have received since I began working five months ago. The Management team here is a great, cohesive team and my dietary staff is simply awesome. The staff amazes me each day in their dedication to not only their jobs but most importantly the care they show and give the residents. I look forward to many rewarding years with Good Neighbor Society, my staff, my management team and the residents.



Resident Profile - Lois Boeding

Lois is the highlighted resident for the month of June. Lois is a good friend to many and kind to everyone she meets. Lois was born March 13, 1932 in Iowa City. She grew up in the Hopkinton area and is a graduate of Hopkinton Schools. Lois worked at Hopkinton Leader and babysat many children over the years. On November 28, 1950 she married Francis Boeding (dec.). Lois and Francis have 11 children, and Lois is very proud of each and every one of them. Her children are: Mary Ann Blanchard, Hopkinton; Doris Cambridge, Cedar Rapids; Joyce Milroy (dec.); Dan Boeding, Cedar Rapids; Dennis Boeding, Martelle; David Boeding (dec.); Lori Reyner, Monticello; Don Boeding, Dundee; Susan Beitz, Monticello; Vic Boeding, Manchester; and Cheri Orcutt, Manchester. Lois also has 30 grandchildren,

24 great-grandchildren and 3 great-great-grandchildren! She loves each one of them and always shares pictures and stories of the time she gets to spend with them. She looks forward to each visit, and she especially loves holding the little ones. She uses the phone to keep in touch and to keep up with all the changes and happenings in each of their families.

Lois spends her time keeping up on the news and joining in a variety of fun activities such as bingo. She also loves all the musical entertainment provided here. Lois is always on the go and rarely refuses a good time out shopping or at the homes of her family members.

Congratulations, Lois!



Father's Day Meal will be served on **Sunday, June 16** from 11:30 until 12:30. Cost for guests is \$10. **Please RSVP to front office by Wednesday, June 12.**

The Father's Day noon meal menu is: turkey roast, roasted red potatoes, creamed peas, and a side of fruit salad, with cream pie for dessert (subject to change).

Thank You!



Jeannine Tucker - 1st
Steven Crowley - 9th
Irene Zewen - 9th
Karen Williams - 11th
Jennie Schirmer - 14th
Evelyn Dunn - 19th

Eldora Pins - 21st
Darlene Rethmeier - 24th
Eleanor Barr - 25th
Lula Weston - 25th
Mary Michels - 26th
Arnold Schwes - 28th

Welcome To Our New Residents

Shirley Brimeyer Don Williams Barb McMahon
Evelyn Evarts Wilbur Evarts Sally Trenkamp
Dick Yenter Mary Lou Errthum Steven Crowley

Always In Our Hearts

Carol Brockmeyer

Step by Step....Day by Day

Wishing you the best!

Sharla Smith Nathan Puffett
Karen Huston Verlon Huston
Laurence Lillibridge

Welcome To The GNH Family

Lindsey Wendling - RN



HAPPY ANNIVERSARY

Congratulations to Don and Karen Williams as they celebrate 57 years of marriage on June 28, 2019. Best Wishes!

HAPPY BIRTHDAY

Courtney Crow (CNA) - 1st
Katrina Friederich (Env. Serv.) - 2nd
Paighton Lindauer (CNA) - 7th
Amanda Funke (CMA) - 9th
McKenna Hon (RN) - 10th
Carol Herman (Dining) - 12th
Stephanie Heims (RN) - 13th
Pamela Haas (CNA) - 14th
Dawn Boeckenstedt (Dining) - 15th
Jenny Montgomery (Dining) - 17th
Kathy Mersch (CFO) - 19th
Amber Ford (CNA) - 21st
Ashley Henke (LPN) - 23rd
Jenna Utter (Dining) - 23rd
Jessica Baker (CNA) - 24th
Clarice Weber (Env. Serv.) - 26th
Michelle Burgin (LPN) - 29th
Maisie Gould (CNA) - 29th

THANK YOU For Your Years Of Service!

Shawnae Hoeger (CNA) - 4th - 4 Years
Brent Downs (Dining) - 7th - 1 Year
Kayla Dudley (Dining) - 7th - 1 Year
Vicky Witte (Dining) - 8th - 41 Years
Kasey Palmer (CNA) - 10th - 4 Years
Tiffany Smith (CNA) - 11th - 7 Years
Jessie Tibbott (Dir.of Comm.Dev.)-13th - 6 Years
Michaela Amthauer (CNA) - 14th - 1 Year
Brenda Kelchen (Dining) - 18th - 1 Year
Krystle DeShaw (DON) - 19th - 4 Years
Macie Funke (CNA) - 20th - 1 Year
Cindy Smith (RN) - 21st - 12 Years
Angela Hahn (RN) - 26th - 11 Years

Residents and Families

It's spring cleaning time and we need your help! The next time you visit, please take some time to go through and "declutter" your resident's room, closet, and belongings. It is important to eliminate tripping hazards in the room, and allow our housekeepers to do their job. Please remember this includes cleaning out and freshening up your resident's personal refrigerators. There also must be enough space for your resident to be comfortable and for our nursing team to do their job **safely**. Thank you for your help!



Since spring was slow to arrive, the ladies thought May baskets would help make it look like spring.

Thank you Sarah, Above and Beyond, for hosting a craft group and bringing materials for creative baskets.

