



The Weight of Change & the Strength of Partnership

There is a moment in every transition when everything feels heavier than you expected. Even when the decision is thoroughly thought out. Even when it's the right decision. Even when you trust the people around you.

I've helped over a thousand families navigate transitions. I understand the systems. I know the services, and yet, when I became a family member, instead of the "professional," I found myself holding my breath, hoping everything would be okay. Please understand, I trust this team. In fact, I love this team. And still, I worried.



Jessie Tibbott
Community Development
Director

For years, I believed that I could reduce the stress of the decision, so people could focus on one another and I meant it. What I understand now is the emotional weight doesn't disappear just because someone removes extra tasks and reassures you.

You carry it. You carry the worry that you made the right choice. You carry the worry of being the bridge between someone you love and the care team, or the bridge between your own family and the team chosen.

On a campus like ours, there is another truth worth saying out loud:

Often, the first service we provide is the beginning of a relationship, not the end of decision-making. As needs change, services adjust. You or your loved one may move from one level of care to another, and that can stir up the same emotions you felt the first time you chose to come to our campus.

Remember, the first time we experience something new is rarely without discourse. We want reassurance. We want someone nearby. We want permission to wobble. Transitions in care and living arrangements can be hard.

If you find yourself needing reassurance, as I do sometimes, or simply need someone to say, "It's okay," please reach out.

We are here to answer questions, even the ones you think we've already answered. We are here to advocate for you. We are here to learn the nuances that make you who you are.

Across Independent Living, Assisted Living, Long-Term Care, Memory Care, and Rehab to Home, our campus is connected. Our team is connected. At the center of everything we do is love, dignity, and autonomy. We do not take lightly the trust you place in us.

As a professional, I believe in our partnership, as a family member, I feel it. Just know, you will never have to navigate change alone.

*March
national
days
word
search*



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| ST PATRICKS DAY | PROPOSAL DAY | RESCUE CAT DAY |
| WOMENS DAY | GIRLS WRITE NOW DAY | PI DAY |
| HOLI | ARTICHOKE HEARTS DAY | COCKTAIL DAY |
| DAYLIGHT SAVINGS | GODDESS OF FERTILITY DAY | JOE DAY |
| FIRST DAY OF SPRING | SPINACH DAY | PLANT A FLOWER DAY |
| ZERO DISCRIMINATION DAY | IRISH FOOD DAY | TEENAGER DAY |
| DOWN SYNDROME DAY | EARMUFF DAY | MARIO DAY |
| SOCIAL WORK DAY | CANADIAN BACON DAY | JOHNNY APPLESEED DAY |
| CUDDLY KITTEN DAY | PROM DAY | FRENCH BREAD DAY |
| PANDA DAY | GOOF OFF DAY | OK DAY |
| PEANUT BUTTER LOVERS DAY | AG DAY | LANDLINE TELEPHONE DAY |
| | WAFFLE DAY | |

STAFF

Peyton Brunner 3/1

Tammy Frederiksen 3/1

Kristi Smith 3/1

Dennise Steenstra 3/2

Alex Chavez 3/5

Trisia Lahr 3/7

Georgia Harmon 3/10

Michael Heer 3/11

Katie Edgington 3/12

Kelsey Krogmann 3/12

Susan Crippen 3/13

Presley Thatcher 3/15

Kelly Dundee 3/17

Tracy Knipper 3/17

Mileah Burr 3/21

Maryn Hoefler 3/22

Amanda Nefzger 3/23

Greg Dirks 3/25

Abbi Dittrick 3/26

Kathy Sherrets 3/30

Conner Orr 3/31



RESIDENTS

Diane Simon 3/1

William Williams 3/10

Shirley

Swartz-Chesmore 3/21

Erwin Ham 3/22

Doris Helmrichs 3/24

Ilene Orcutt 3/29

Robert Nefzger 3/31

MILESTONES

Hayley Vaske-Crawford 5 yrs.

Thank you for your dedication to serve "Compassionate Christian Care!"

The Magic Touch

Good Neighbor Home | February Highlights

Our 2026
King and Queen
Pat S. and Randy M.





Valentine's
Day!



The Magic Touch

New Neighbors

Karlene Sanford
Elizabeth "Betty" Kruse
Margaret Ilene Orcutt

Dorothy Feldmann
Patricia Schuetzle
Alice Soppe

Ron Ehltz
Charles Jones
Connie Lammers

Wishing You The Best

Tom Parsley

Charles Jones
Carolyn Seeley

Kathleen Olsen

Always In Our Hearts

Don Detrich

Ruth Philgreen
Mae Jetter

Bernadette Schumann

Karen Slife



Recurring Events

Exercise Class

Twice a week our team, with the help of our Restorative nurse here at GNH, offers a head to toe exercise experience, including active games. All residents are encouraged to participate! Moving your body as much as you are able will help you stay in motion as long as possible. We always keep this group fun, fresh, and adaptive to all ability levels. We also play fun word games regularly to keep your minds thinking in creative ways!

Wine Tasting/Happy Hour/Gazebo Get-Together

These social events are monthly gatherings. Nice music, good food and fun fellowship are our goals for this recreational activity. These are resident favorites and beverages are served (with or without alcohol).

Pamper and Polish

Join us every other Friday to enjoy a relaxing spa experience. We use various relaxing techniques, which include: aroma therapy, hand massages and music. Quick paint touch ups are offered and light filing. Only nurses and bath aids are certified to cut nails. If you need your nails cut, please let your nurse know before Pamper and Polish. Pamper and Polish is a great opportunity to make new friends. Come hang out, even if you don't want your nails done. We would love to have you!

Religious Services

- Every Sunday afternoon, our Non Denominational Church service,
- Once a month, Pastor Phil leads Methodist Communion.
- Every Thursday, Father Louis & Father Kremer lead Catholic Mass

Group activities are subject to change.

Please reference your Community Calendar and LifeShare screens for the most up to date activity schedule.

**Auxiliary Fund
Balance
\$200.00**

Town Talk

Every month, residents get together with the Recreation Director to talk about any comments, suggestions and concerns they may have. We also talk about upcoming events, updates, and ask for your suggestions for the next months community calendar. The purpose of this meeting is to record any concerns/suggestions and get them to the right place, so we can work on a solution, but also to keep you updated on what is going on here at Good Neighbor Home.

Beauty Shop

If you would like your hair done, **let your recreation team know**, and they will get you on the beauty shop list. Amy Stone is here Tuesdays and Thursdays and is always wonderful about working people in!

Beauty Shop Pricing

Haircut - Male	\$11.00
Haircut Female	\$15.00
Shampoo/Set/Style	\$17.00
Shampoo/Cut/ Set/Style	\$24.00
Color & Style	\$37.00
Color/Cut/Style	\$47.00
Perm/Cut/Style	\$55.00

MARCH

March is full of meaningful awareness days that give us opportunities to learn, reflect, and support one another. As we transition from winter toward spring, it's a wonderful time to grow not only in the sunshine, but in understanding and compassion as well.

Early in the month, **National Nutrition Month®**, led by the Academy of Nutrition and Dietetics, reminds us of the importance of making informed food choices and developing healthy eating habits. It's a great time to celebrate balanced meals, hydration, and the role good nutrition plays in healing and overall wellbeing.

March is also home to **Developmental Disabilities Awareness Month**, established by the The Arc of the United States. This month encourages inclusion, respect, and opportunities for individuals of all abilities to live full and engaged lives in their communities.

Another important observance is **National Social Work Month**, recognizing the dedication of social workers who advocate, support, and uplift individuals and families every day. Their compassion and commitment make a lasting difference in healthcare settings and beyond.

We also observe **National Kidney Month**, raising awareness about kidney health and the importance of prevention, early detection, and proper management of kidney disease. Simple habits like staying hydrated, managing blood pressure, and routine check-ups can go a long way.

Mid-March brings **World Sleep Day**, organized by the World Sleep Society, reminding us that quality sleep is essential for physical health, emotional wellbeing, and overall quality of life. A consistent bedtime routine and a calm sleep environment can make all the difference.

Good Neighbor Home
& Neighborhood Villas
563-927-3907

Marietta's Place
563-927-1490

The Meadows
563-927-6467

Board Members

Terry Rauch, President
Charlie Button, Vice President
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Randy Mahoney
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