Good SHEPHERD Inc. Herald

Volume 2026—4 **October, November, December**



Joyce Nielsen
Editor

What a summer this has been - I have never seen as much hot, humid weather like we've experienced this summer. The weather has been very challenging all over the country but yet we happily celebrated 250 years. We hope you all enjoyed the last newsletter about the celebration of our country. Our printer (Les Sultun of Control Print) did a fabulous job helping make our newsletter look patriotic. Great job!!!! The year 2027 will be our 45th year of putting the Good Shepherd Herald together for the people of Mason City and the residents of our facilities. I am so glad to be a part of this long tradition. We always love ideas from people to keep making the newsletter interesting. I love this time of the year with Halloween, Thanksgiving, and Christmas around the corner.

Wishing the best to all of you during the holiday season!! See you next year, 2027!!!





Your Editor
Joyce Nielsen

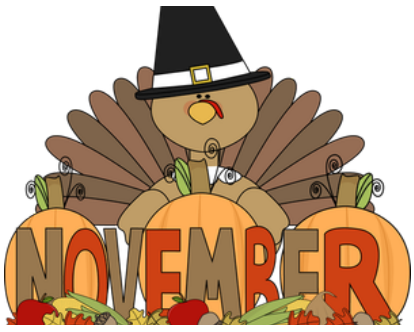


Christmas at Good Shepherd

On Sunday, December 20th, the holiday season at Good Shepherd will culminate with our annual Christmas at Good Shepherd candlelight service. The entire Good Shepherd community is invited to join in the joy of the season and celebrate Christ's birth. Our Christmas Candlelight Service will be held at 6:30 p.m. in the chapel, followed by a time of fellowship and refreshments. All residents, families, staff, and friends of Good Shepherd Health Center are cordially invited to join in this special worship service!



12th- Indigenous Peoples' Day
12th - Columbus Day
31st - Halloween



3rd - Election Day
11th - Veterans Day
26th - Thanksgiving Day



4th - Hanukkah begins
24th - Christmas Eve
25th - Christmas Day
Kwanza begins
31st - New Years Day



Pastor Kent Mechler
Director of Pastoral Care

As Jesus came out of the temple, one of His disciples said to Him, “Look, Teacher, what large stones and what large buildings!” Then Jesus asked him, “Do you see these great buildings? Not one stone will be left here upon another; all will be thrown down.” (Mark 13: 1-2)

Fall is upon us. The days are short and dark. The cold creeps through doors and windows. A sense of doom and gloom permeates the air. A sense of doom and gloom permeates this Bible passage, as well. Jesus spoke these words as His disciples were marveling over the Jerusalem temple, one of the largest and most beautiful buildings of the ancient world. Jesus warned, though, that, “Not one stone will be left here upon another; all will be thrown down.” The day will come when everything that appears so stable and secure, like that temple, will come tumbling down.

But honestly: we experience that terror and that shaking already in the here and now. Our world is shaken by political turmoil and contentious elections, economic uncertainties, and wars. Our lives are shaken by broken relationships, the death of loved ones, economic disaster, health concerns, job loss and so much more. Our world is in an uproar. Our lives are in an uproar. And we have Jesus reminding us that even what seems so secure and certain today will someday come crashing down around us.

Some respond to this reality with fear. As God’s people, though, our focus should be on hope. We can have hope amid all the turmoil and uncertainty of the world and our lives because Christ is still King.

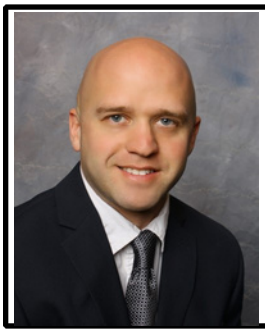
There is so much about what’s to come that we do not know, be it in our world or in our lives. What we do know, though, is the only thing we need to know, namely this: We know that God is in charge and that Jesus our king will come again someday—when, we don’t know—but Jesus will come again to usher in His eternal kingdom and to take us home with Him eternally.

On Election Day 2024, my wife and I were listening to the radio as we drove to the Minneapolis airport. That afternoon, the outcome of the election was still very much open, and a mood of uncertainty seemed to be blanketing the country. A news commentator on the radio remarked that her pastor the Sunday before had said in his sermon, “We don’t know who will be elected president on Tuesday, but we do know that on Wednesday, Christ will still be king.”Amid all the doom and gloom--all the turmoil and worry that confronts us globally and personally, I find that very comforting. We don’t know what’s to come today, tomorrow, or in the future, but we do know this: no matter what happens, in the world or in our lives, Christ will still be king.

Our Sympathy **Passed away at Hospital or Hospice*

The administration and staff at Good Shepherd Health Center wish to express our deepest sympathy to the families of the residents who passed away during July, August and September. We thank you for entrusting their care to us. We know your grief is shared by many.

JULY	AUGUST		SEPTEMBER
Carol Lorentzen *			
Nancy Finlayson *	Ruth Sponheim *	Rocio Lavallee	Sheryl Harringa *
James Wardlaw *	Connie Steinlicht *	Dolores Bowers *	Zola Borchardt *
Joseph Rezentes *	Lester Bergmann *	Clarence Ermer *	Lyle Paine *



Ian Stockberger, CEO

Where Its At

Mostly without fail, a few of us newsletter contributors compare notes and bounce ideas off each other over what to write about. Sometimes these ideas come quickly and other times the right brainstorm seems unattainable (currently the latter). In reality, there are a million things going on and important messages that could be shared. Maybe that's part of the problem-when there is an overabundance of something we tend to get a little sloppy with our resources (in this case my thoughts). As such, I will share a few of my takeaways from the Iowa Healthcare Conference I attended last week. It's always my goal to walk out with one or two concepts or mindsets that I can utilize moving forward. Sharing always seems to improve my odds of remembering or implementing them.

1.One of our keynote speakers was a gentleman named Aaron Thomas. As many of you may recall, Aaron's father was Ed Thomas, the heralded football coach from Aplington-Parkersburg, whom was murdered by a mentally ill former student and player. Aaron was made famous that day after asking for prayers for the family of the assailant in a nationally televised statement. In what could only be described as one of the most unimaginably horrible situations, Aaron showed compassion and was worried about the well being of others. There are many lessons to be taken from this, but for me, it is the concept of being compassionate when it might not be obvious to everyone else why. I believe our society is taught to view a lack of compassion as strength, when in reality, it takes much more strength to show empathy, compassion, and forgiveness. Compassion and accountability can exist together.

2.Comparison has long been deemed the thief of happiness. Work conferences, much like social media, offer a smorgasbord of opportunity to compare ourselves and our jobs to many people and places as colleagues, dignitaries, and accolades & awards cross the stage. I thought about that quite a bit while driving home. About how we, as humans, like to showcase and emphasize to others how good or happy we are, despite how we may truly feel on the inside. I don't begrudge any celebration or acknowledgement of hard work but driving home, I found a deep appreciation for how authentic and traditional Good Shepherd feels to me. Not a show horse or barrel racer but more akin to the strong and steady plow horse working in the background, connected to purpose. In Good Shepherd's case, providing good care and services for our great community of seniors living in North Iowa.

That's where things are at. Have a blessed holiday season.

-Ian



Kimber Kleven,
Administrator

The Wolf You Feed

There is a tale about a wise old man and his grandson. The two loved to spend time together, with the old man often telling stories. One day the old man tells the story of the battle between two wolves. In the story, one wolf represents kindness, love, compassion, patience and generosity. The second wolf represents anger, jealousy, greed, fear and hatred. The wolves repeatedly engaged in viscous, bitter battles, which the old man described in great detail. But that was all. The story seemingly ended there. The grandson listened carefully and waited for the resolution to the tale. Finally, the grandson asked the old man, “Which wolf wins?” The old man gazed at the young child, smiled, and replied “The one you feed”.

I have to admit there are days I feed the wrong wolf. I become wrapped up in the difficult situations and circumstances that arise during the course of the work day. I allow myself to become frustrated by the ever-increasing rules, regulations, expectations and bureaucracy that have unfortunately become the hallmark of our industry. At times I even become angry about the nearly impossible reimbursement system our government has created. Outside of work, the current situation of the world often colors my mood and conversations in a negative way. I allow myself to become hyper focused on the negative actions of others and not enough on my own.

The lesson of the two wolves reminds me that happiness is shaped by many small choices made every day and that inner peace comes from conscious choice. When I act with negativity, anger, or resentment, I feed the bad wolf. Every time I act with kindness, empathy and honesty I feed the good wolf. I can choose to offer encouragement to someone who is struggling and practice patience in the situations that frustrate me. I have the power to look for solutions instead of dwelling on problems. I can forgive mistakes, both of my own making and of others’. I can show more gratitude.

The story’s enduring power lies in its call to choose what I nurture and leads me to ask myself, "Which wolf am I feeding today?"

-Kimber



Greetings from the Activities Department

By: Amber Nielsen - Director of Activities

Coordinators- Heather, Diane, Ivey, LeAnn, Troy, Kaylene



Quality of life is something that we all seek at every age and stage of life. Each person defines quality in a different way. It might be defined by the time we share with family and friends, or the hobbies we do in our leisure time. Maybe it's learning something new, or simply being able to attend worship services. Transitioning to a nursing facility can be challenging for seniors and can potentially lead to a decline in their quality of life. It requires adjusting to new surroundings, routines and people to socialize with.



Good Shepherd's Activity Department plays a crucial role in assisting with the transition to this new environment and in helping maintain or improve a resident's quality of life. We offer many opportunities for connections and socialization, such as ice cream socials, various games & crafts, music programs and so much more. We strive to offer an array of programs to meet the needs and interests of those who stay with us at Good Shepherd. Whether here for an extended stay or short-term rehabilitation, we are here to help create a sense of purpose and belonging.

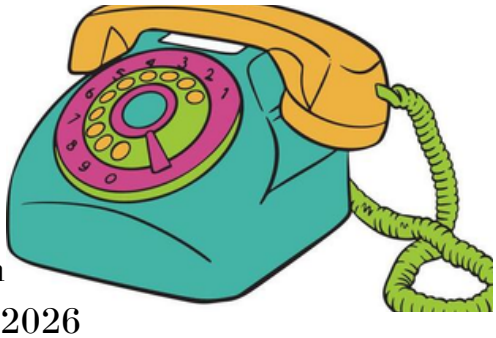
Life is too short

The older I get, the more I realize that life is too short to fret about frayed washcloths, burnt cookies, cat hair on the couch, the ring in the bathtub, the woman who barged ahead in the grocery line, the car repair bills, the cutting remark made by a relative. The older I get, the more I realize life is too short to postpone telling my friend how much I appreciate them, writing that overdue letter, finishing the children's scrapbooks, doing those stomach firming exercises, and reading the entire Bible in that new version. The older I get, the more I realize life is too short. Enjoy it while we can.

by Shirley Pope Waite

Telephone Reassurance

By: Ian Stockberger, CEO



Welcome to the last stretch of the year. Pretty soon all of the election hoopla will have wound down, the holidays will be wrapped up, and 2026 will quietly slip behind us. What doesn't stop and doesn't reset, however, is the Telephone Reassurance Program. It happens on election days, holidays, and any other days the majority of us are able to escape our normal routines. It does not recognize weekends or summer breaks as being less important than any other day. It just keeps turning out one call after another, day after day, week after week, and year after year. It's able to do this for one reason - the generosity and support from many of you.



This holiday season, please consider a donation to this unique and time-proven (now in its 52nd year) program. The cost of living and expenses may be on the rise but Good Shepherd, Inc. is committed to the continued operation of this valuable program AT NO COST to the subscribers. If you or anyone you know could benefit from this program or you have any questions, please call Good Shepherd at (641) 424-1740

Your giving makes a critical difference-

-Ian



I saw this article about the best foods 2026. There was a team of testers who spent months eating, drinking, cooking and rating hundreds of products - in fact 70 products met their high standards. Hope you get to enjoy some of them!!! I picked the favorite of all the snacks that we all crave.



1. Best granola bar Kind Mango Pineapple nut bar
2. Best crackers - Firehook Avocado oil, sea salt & chive crackers
3. Best cheese crackers - Goldfish Zesty Ranch; flavored with garlic, parsley and onion.
4. Best pretzels - Snyders Sour cream and carmelized onion pieces
5. Best chex mix - Hot & spicy; loaded with cayene pepper.
6. Best tortilla chips - Cool Ranch flavored
7. Best potato chips - Crinkle cut kettle chips; thick cut.
8. Best whole grain chips - Sun chips spicy jalepeno
9. Best pop Haribo sour sodas - for gummy fans in fruit flavors
10. Best chocolate chip cookies - Tate's white chocolate macadamia nut cookies
11. Best shortbread cookies - Pepperidge Farm salted caramel cookies; a twist on their classic buttery shortbread cookies.
12. Best chocolate - Ghirardelli Dubai style milk chocolate
13. Best nuts - Wonderful Pistachios chocolate toffee; salty nuts covered in toffee and dark chocolate.

I hope you can enjoy some of these during the holidays and perhaps give them out as gifts for Christmas.

-Joyce

Thank you all for your donations to Telephone Reassurance & Good Shepherd over the course of July, August and September. We appreciate you all!

Bonnie Kiel
Elberta Crowe
Pat & Kathy Stack
First Baptist Church
Allen & Carol Schacht
Daniel & Patricia McKee





Halloween Snack Mix
Give it a try!

1 box (12 oz) Rice chex cereal
2 bags (14.5 oz) Bugles snack
4 cups mini pretzels
1 cup unsalted butter, melted
1 cup brown sugar
2 tbsp vanilla extract
1 bag (10 oz) M&M's
1 to 2 cups harvest mix or plain candy corn
(**any other candy/crackers you prefer can be added**)

1. Preheat oen to 275 degrees and line two large baking sheets with parchment paper
2. Mix the glaze: in a bowl mix together the melted butter, brown sugar, and vanilla extract until smooth.
3. Coat the base: Place the chex, bugles, and mini pretzels in a very large mixing bowl. Pour the butter and sugar mixture over the top and stir gently until evernly coated.
4. Bake: Spread the mixture evenly across the two prepped baking sheets. Bake for 20 minutes, stirring halfway through the cooking time.
5. Allow to cool, then top with your candy, sprinkles or any needed finishing touches.

Keep mix in airtight container/bags. ENJOY!!!

HALLOWEEN!

Witches may not be popular and ghosts are seldom seen, but they are stylish when it's time for Halloween.

Maybe black cats are unlucky and cheese should not be green, but what difference does it make when it's time for Halloween!

Parties where folks in different costumes go darting in between would sure seem silly other times, but not on Halloween.

In frolic every man is a king and every girl is a queen. Let every care be cast aside because tonight is Halloween!

Halloween was filled with delicious frights! By: Joyce Nielsen

Days before Halloween a spirit of fun was stirring. Halloween night was fun & spooky, when girls & boys in all sorts of costumes roam through the dark while one of the bigger kids carried the jack-o-lantern. It was a night of fun and parties, pranks and mischief, of apples, nuts, fortune-telling, and sharing with others.

When I was growing up in the 40's & 50's, teachers and grown-ups filled this special day with excitement Halloween ranked second only to Christmas, as the most exciting time of the year.
Store bought Halloween candy had yet to achieve universal acceptance, so most of the treats were home-made such as popcorn balls, fudge wrapped in wax paper, caramel apples, etc.

My friends and I knocked on doors and cried out, "Trick or Treat" and then we'd add "Smell my feet". So much fun!! After calling on all the neighborhood houses, we'd stagger home, weighted down by our bulging treat bags, where we always dumped our goodies on the floor and ate lots before going to bed dreaming about the next Halloween in 12 months!! Enjoy the night and be safe.



Kentucky Ridge News

Erica Davis, Director of Assisted Living

I can hardly believe that we are already heading into the Holiday Season and preparing to celebrate the final months of the year!

October is a month when we embrace all things fall. As the leaves change color and the crisp autumn air settles in, we welcome October with excitement and anticipation. This month is filled with seasonal delights, festive celebrations and important reminders. We enjoy all things apple and pumpkin spice, while raising awareness about osteoporosis, mental health and breast cancer. October 15th marks the beginning of Medicare's Open Enrollment period-providing an opportunity to review your current Medicare D coverage and explore your options for the upcoming year. And, of course, we can't forget Halloween! Kentucky Ridge will be hosting little ghosts and goblins for some fun crafts, games and Trick or Treating down the facility hallways on Friday, October 30th.

November brings cooler days, cozy moments, and plenty of reasons to be thankful! Thanksgiving gives us a wonderful opportunity to gather with family and friends, enjoy good food, share laughter, and reflect on all the blessings in our lives. November is also Alzheimer's Disease Awareness Month, reminding us of the importance of compassion, understanding, and support for those living with memory loss and their families. At Kentucky Ridge, we look forward to filling November with good times, great company, and plenty of reasons to smile as we begin the holiday season!

Before we know it, December will arrive! The hallways at Kentucky Ridge will be decorated and our activity calendar will be filled with many favorite holiday traditions including caroling, baking & decorating cookies, van rides to see the Christmas lights, and of course, Christmas parties! We will wrap up the year by ringing in New Year's Eve with champagne toasts & hors d' oeuvres and perhaps stay awake long enough to watch the ball drop in Times Square.

I am incredibly grateful for the support, love, laughter, and memories shared with all of the tenants, family members, and staff of Kentucky Ridge throughout this past year. It has been a privilege to be part of such a wonderful community, and I can't wait to see what 2027 has in store! Wishing everyone a joyful holiday season filled with gratitude, laughter and wonderful memories!

-Erica

ADMISSIONS		DISCHARGES
Avis Johnson	Mary Sorbo	Shirley Reynolds
Bonna Matson	Veneta Lester	Shirley Ausenhus
Darlene McMurray	Rozena VanLent	Carole Ludeman



Cornerstone & Shepherd's Glen News

Connie Bleile, Director of Assisted Living

"A person's name is, to that person, the sweetest and most important sound in any language.

-Dale Carnegie

When we have people inquiring about our Assisted Living communities, it is second nature to talk about the great services offered, the caring staff, a sense of security, and an array of activities as we then venture on a tour. What isn't captured on our brochure, website, or activity calendar is the power of a friendly, "Hello, Jim!" "Hey Barb – how's your day?" or "Did you hear that thunder last night, Ruth?" A smile, a few simple words, and calling someone by name is one of the sweetest sounds known to mankind. Mr. Carnegie summed it up! I remember just a few days after a very spry 96-year-old man moved into our Assisted Living community, he struck up a conversation with me, inserting my name. It warmed by heart the fact that he remembered my name! Now that's a reversal – he made me feel special. So yes, a friendly hello with a name tagged onto it speaks volumes.

Letting people know they are seen and they matter. What a great way to start our day – end our day – or spread some sunshine throughout our day. I'll strive to do this habitually. It mattered to me when Mr. 96-year-old said, "Connie". We never know when a friendly, "Hello _____" is exactly what someone needs that day!



-Connie

"Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around."
-Leo Buscaglia



CORNERSTONE

ADMISSIONS
Gloria Kreitlow
Donna Brosdahl
Opal Sears

DISCHARGES

SHEPHERD'S GLEN

ADMISSIONS
Dana Ford
Joyce Nielsen
Pamela Jesse
Xyuen Schmitt
Barbara Ryan-Hof

DISCHARGES



Blue Stone TherapyNews

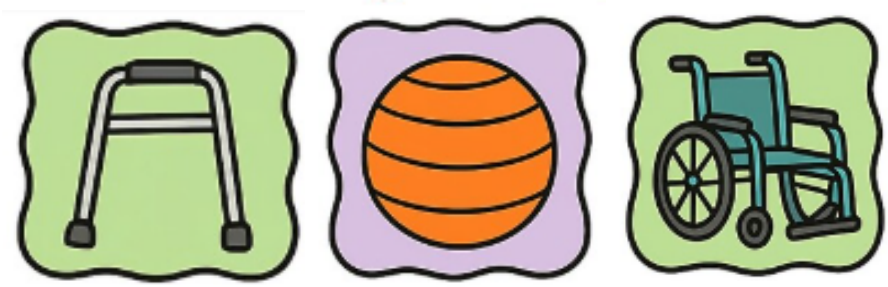
Kelsey Palsic—Rehab Director

Moving, Growing & Celebrating Together

As we move through the fall and holiday seasons, therapy would like to take a moment to celebrate our residents and all of the progress they make each day. Whether it is taking a few extra steps, improving strength and balance, completing a daily task with greater independence, or simply participating in an activity they enjoy, **every accomplishment matters.** Our goal is to help residents maintain their strength, mobility, independecne, communication, and ability to participate in the activities that are meaningful to them.

Stay active this season- Therapy may incorporate fun seasonal activites into treatment, some ideas are...

- Strength and endurance
- Balance and coordination
- Walking and mobility
- Fine-motor skills
- Reaching and grasping
- Standing tolerance
- Activities of daily living
- Communication and cognitive skills
- Social participation



Celebrating Progress- remember that small amounts of activity can make a meaningful difference...

- Keep moving throughout the day, even participating in seated exercises are recommended
- Take short walks with assistance when possible, participate in social or recreational activities
- Practice reaching, grasping, and other functional activities
- Change positions regularly instead of sitting in one position for extended periods of time
- Use walkers, canes, and other assistive devices as recommended
- Wear the right shoes!! Non-slip is the best.
- Take your time. Rushing causes a different outcome for something that can be done with ease.

Making the season meaningful- The fall and holiday seasons provide wonderful opportunities to combine **movement, participation, and enjoyment.** Decorating, visiting with family, attending activities, helping with simple tasks, enjoying music, completing crafts, and participating in holiday traditions can all provide opportunities to practice important skills. Whenever possible, we encourage residents to stay involved in the activities they enjoy while remembering to prioritize safety.

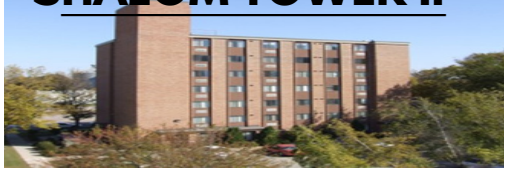
A season of gratitude - Blue Stone Therapy is grateful to be part of our residents' journeys. We are proud of the effort, determination, and accomplishments we see every day.

Thank you to our residents, families, caregivers, and staff for working together to support our residents and help them achieve their individual goals.

Progress doesn't have to be perfect, it just has to keep moving forward. Wishing all of you a safe, healthy, happy, and active fall and holiday season.

-Kelsey

SHALOM TOWER II



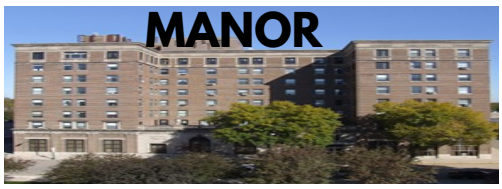
ADMISSIONS

LOUIS GANCORZ
TRACY LICKTEIG
JAMES MAKI
DANNY SHULTZ
DIANE HOLZERLAND
EDIE HILL
BRADLEY HOVEY

DISCHARGES

THOMAS KNUTSON
GARY BRININSTOOL

MANOR



ADMISSIONS

NONE

DISCHARGES

DEBORAH ADAMS
EVELYN WILEY
DANIEL MCMULLEN
MICHAEL WUEST
HENRY TORRES

SHALOM 1



ADMISSIONS

JAMES WHITEHURST
HARRY PETERSON
BARBARA SMITH
CHARLES REINIG

DISCHARGES

PAUL FISHER
PATRICIA LUND
ANGELA ANDERSON
DEBORA LOZON

Interested in seeing our buildings for you or a loved one? Call 641-424-1740 Monday-Friday 8:30am-4:30pm to set up a meeting for information and/or a tour.



GOOD SHEPHERD



ADMISSIONS

DONNA BRUMMUND
LOIS MORRIS
SHARON MCDONALD
SHARON KINNEY
HARFORD RICHARDSON
PATRICIA BEAVERS
DOLORES BOWERS
JAMES GERMUNDSON
JEANNE MOOREHEAD
CHARLES GANSEMER
ERVIN STATE
SUSAN SINCLAIR
CONSTANCE HEATON
CAROLE LUDEMAN
DENNIS RIDDER
BONNIE KAHLER
CHARLES COOPER
JAMES HALE
DENNIS BROSDAHL
ALLEN HAMILTON
MARCIA WEITZEL
KAREN RUTER
DEBRA LOGAN
PATRICIA TOEPFER

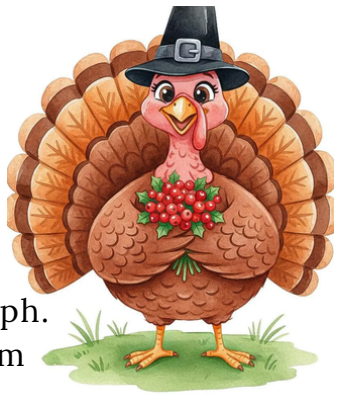
DISCHARGES

PATRICIA LUND
REBECCA SMITH
KEN RODEMEYER
EDIE HILL
DARREL KAMMRAD
ELDEAN MATHESON
MARY PAGE
FLOYD JACKSON
JOYCE NIELSEN

Do you know your hymns?

Dentist's Hymn..... Crown Him with many crowns
Weatherman's Hymn..... There shall be showers of blessing
Contractor's Hymn..... The church's one foundation
The Tailor's Hymn.....Holy, Holy, Holy
The Golfer's Hymn..... There's a green hill far away
The Politician's Hymn..... Standing on the promises!
Optometrist's Hymn.....Open my eyes that I might see
The Tax Man's Hymn..... I surrender all
The Gossip's Hymn..... Pass it on
The Electrician's Hymn..... Send the light
The Shopper's Hymn..... Sweet bye and bye

Did you know? 'Tis the Turkey Season!!



1. Today, North America is home to more than 7 million wild turkeys.
2. In the early 1900's, extensive hunting put wild turkeys in danger of extinction. Conservation programs have helped bring them back, and it now thrives.
3. The largest known wild turkey weighed 37 pounds.
4. Wild turkeys can run about 25 miles per hour and can fly as fast as 55 mph.
5. All male turkeys grow a cluster of long, hair like feathers, or "beard", from the center of their chests. About 1 in 10 females have beards too.
6. There are more than 5,000 feathers over the body of an adult turkey. The plumage keeps them warm and dry. Only a turkey's head and upper neck are feather-less.
7. Wild turkeys stick together. They have flocks with up to 60 birds.
8. According to a survey done by the National Wild Turkey Federation, nearly 88% of Americans eat turkey at Thanksgiving.



The Tradition of the Wishbone

Ever wonder where the wishbone-breaking contest came from? It is a tradition dating back to Etruscans in 322 B.C. and it started with a hen, and not a turkey.

Back then, when someone wanted an egg, they waited for the hen to announce the coming of her product. This led to the belief that the hen could tell the future. If a man wanted to receive an answer to a question, he would draw a circle on the ground and divided it into the 24 letters of the alphabet. Grains of corn were placed in each section and the fowl was led into the circle and then set free. It was believed the fowl would spell out worlds or symbols by picking up the kernels of corn from the different sections.

After writing the message, the fowl was sacrificed to a special deity and its collar bone was hung out to dry. Then, you get to make a wish using the bone. Once dry, the two people took a chance to make a wish by snapping the dried bone, with each one pulling on an end. The person with the larger end of the bone got the wish - and it became known as "lucky break."

Celebrate Veterans Day



Veterans Day is an annual holiday meant to honor individuals who have served in the armed forces. Originally, Veterans Day was named Armistice Day to commemorate the armistice reached on Nov. 11th, 1918, that ended World War I, with Woodrow Wilson as president.

Alvin J. King approached his congressman because his nephew, a soldier, was killed in World War II and asked that Armistice Day be changed to a holiday that would honor all veterans from all wars. So the congressman did as was asked and in June of 1954, President Eisenhower signed the law which renamed Armistice Day as Veterans Day.

In 1968, Congress passed another bill which declared all holidays except New Years, Thanksgiving, and Christmas would be observed on the Monday nearest the original date of the holiday. Many Americans thought that the date of Veterans Day was much too important to be altered, and in 1975, Congress changed the law. Since 1978 Veterans Day, has been held on November 11th .





Nursing News

By Robin Ralls, RN, DON

October is the month of multiple day, week-and month-long observances. National breast cancer awareness month, Physical therapy month, Health literacy month, medical ultrasound awareness month, national dental hygiene month, World Mental health day (October 10), World Osteoporosis Day (October 20), National PA week (October 6-12), and Emergency Nurses week/day (Mid-October). But it is also two of my favorites: Global Handwashing Day (October 15) and International Infection Prevention week (Mid-October). You may ask, why are these so important to you? Let me tell you!

Other than being the Director of Nursing here at GSHC, I am also the Infection Preventionist Nurse. My position as infection preventionist started approximately 2 months prior to the COVID pandemic. Infection prevention has changed multiple times during the pandemic. We developed many new policies and procedures during that pandemic. But something that has never changed is the need for handwashing. Global Handwashing Day occurs every October 15, featuring the multi-year theme of "Be a handwashing hero!"
Global Handwashing Day was established in 2008. UNICEF data shows 3 in 10 people (2.3 billion) lack basic hand-washing facilities at home, referring to clean running water and soap. The following are recommended handwashing Steps (Provided by the CDC);

1. Wet hands with clean, running water (doesn't matter the temperature)
2. Apply soap
3. Lather by rubbing hands together (include backs, between fingers, and under nails)
4. Rinse with clean, running water (from fingertips to wrist direction).
5. Dry using a clean towel or air dry.

Hand sanitizer is an alternative to hand washing, except when hands are visibly dirty or if you are caring for anyone with C-diff (only soap and water work with this). Remember it is fall and flu season has begun. We can prevent transfer of flu with proper hand cleaning and getting our flu vaccine. Flu vaccines are now available at your pharmacies and physician offices. Our residents will be receiving their flu vaccines on either September 28th or 29th.

If you are having cold or flu symptoms, we request you refrain from visiting. If you have to visit, please wear a mask and do frequent hand cleaning. Thank You

Robin



Belle Riniker

In the Know

Belle Riniker & Katherine Hirsch Social Workers



Katherine Hirsch

Happy Fall to everyone!

I hope you are enjoying the beginning of cooler weather. I am looking forward to watching all the leaves change colors this season. It always makes me happy to experience the change. Different seasons, tangible and intangible, impact different people in different ways. One of the favorite parts of my job is getting to learn about residents' and their families' life experiences up to this point. Each individual has such a unique story, and it is so special to me when residents and/or families choose to share their stories with us. It not only helps me individualize their care, it also allows me to understand them better and have more conversations specific to each resident's interests and passions. That is something that we all enjoy. It has and continues to be a privilege for me to get to learn more about the residents and their families.

I hope this season is a season filled with beautiful things for you all!

-Katherine

The First Snow

Anyone with a kind word for now should say it early in the season, so let's say it now. Snow is wonderful, literally full of wonder! The first snow is one of the most beautiful things in the world, whether seen in the city or the country. The first few flakes floating down give a sense of awe and wonder. A snowflake is nothing more than a water crystal in all shapes and sizes. Go out in the first snowfall and catch a few flakes on a dark sleeve. It is one of the most magnificent mysteries of the whole universe. A snowflake is a sixfold crystal, delicate beyond the highest of human skills. You can look in every snowstorm of your life and not find two snowflakes exactly alike. True, this wonder and this beauty will not endure, as snow turns to slush and dirty man-made piles. Snow can complicate our routine as it is a problem and a nuisance but we must remember that it nourishes the earth, and blankets and protects roots, bulbs and seeds from the killing winter cold.



Enjoy our Iowa Winter!



Dietary News

by Ann Merfeld, RDN,CSG, LD

Fall has arrived which means it's time for a menu change!

We recently received a copy of Martin Brothers Fall/Winter 2026-27 menus. Keep your eyes open for some of the following new recipes: **Apricot Glazed Meatloaf** (traditional meatloaf glazed with a sweet and tangy apricot sauce), **Turkey Cottage Pie** (a casserole made with ground turkey, turkey gravy, and green beans, topped with mashed potatoes…similar to a shepherd's pie), **Salmon Croquette** (similar to a salmon patty served with tartar sauce), **Cheddar Ranch Chicken** (chicken breast baked in a creamy cheddar ranch sauce), **Sweet Sausage Manicotti** (cheese manicotti baked in an Italian sausage spaghetti sauce), **Maple Squash** (a side dish of squash baked in a sweet maple sauce), **Roasted Sweet Potatoes & Bacon**, **Chicken & Dumpling Soup**, **Pumpkin Honey Bun Cake** (a pumpkin cake glazed with powdered sugar icing), **Coffee Cream Dessert** (Angel food cubes tossed with a topping comprised of brewed coffee, cream cheese, and chocolate syrup), **Lemon Burst Cake** (lemon cake topped with cream cheese frosting), **Warm Turtle Bread Pudding** (bread pudding topped with chopped pecans and a caramel/chocolate sauce drizzle).

-Ann

All Kinds of Holidays

Sometimes when you wake up in the morning – even before you open up your eyes to see if it is sunny or rainy – you know that the day is special. Something is going to happen today, "Today's a holiday!", and you can't help feeling excited and happy. Most holidays are days which are set aside for rest or play. Other holidays are days which are used to have real meaning in our lives but we still celebrate the traditions which are connected with them. Many of our most important holidays are the religious holidays. Another kinds of holidays are national holidays. These are days that the people in the whole country want to remember. Some holidays are legal holidays (holidays by proclamation). Regional holidays are days that are celebrated in a particular part of the country. Everyone celebrates their birthday! Some countries also have special holidays for parents and grandparents. Family holidays such as birthdays and anniversaries are very important in our lives. Can you name all the holidays?



THANKSGIVING Word Search

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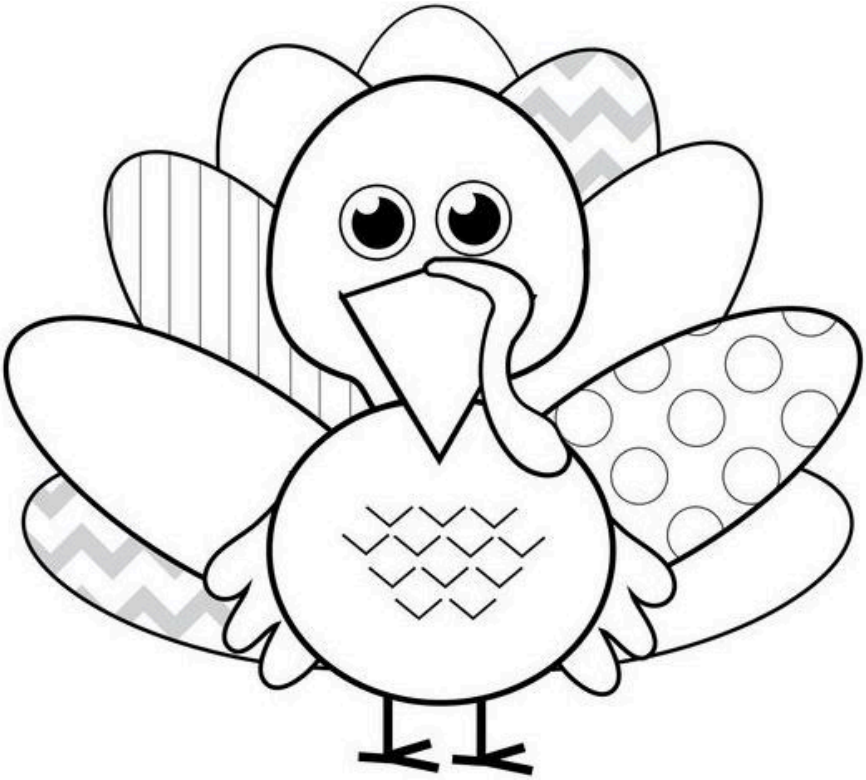
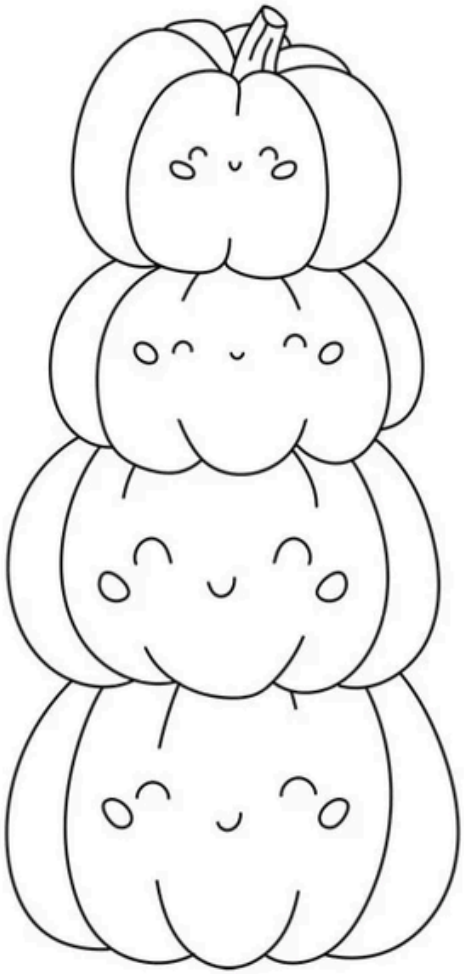
BAKE
BREAD
CARVE
CIDER
COLD
COLONY
COOK
CORN
CRANBERRIES
CROPS
DINNER
EAT
FALL
FAMILY
FEAST
FOOD
GRANDMAS
GRAVY
HAM
HARVEST
HOLIDAY
LEFTOVER
MAIZE
MAYFLOWER
NAPS
PARADE
PIE
PILGRIMS
PLYMOUTH
PUMPKIN
PURITAN
ROAST
SETTLERS
SNOW
SQUASH
STUFFING
THANKFUL
THURSDAY
TRAVEL
TURKEY
VENISON
WISHBONE
YAMS

gratitude



Gobble Gobble



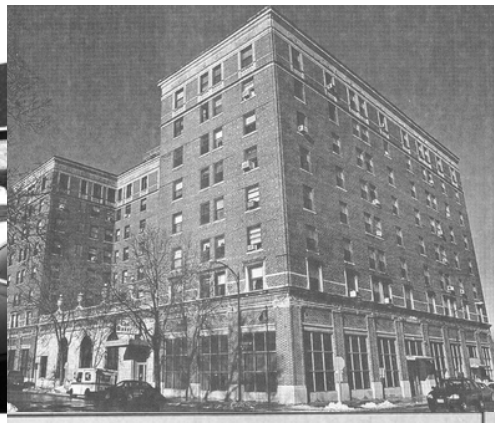
Good Shepherd's History

Good Shepherd, Inc. was incorporated in 1946 as a non profit health care corporation whose purpose is serving the long term care needs of the frail and elderly in North Iowa. Good Shepherd is affiliated with the Evangelical Lutheran Church in America and is governed by a local volunteer board of directors.

- 1946: Former St. Luke's Hospital building was purchased by the Evangelical Lutheran Good Samaritan Society and became the Mason City Good Samaritan Home.
- 1965: Good Samaritan Home changed their name to Good Shepherd.
- 1969: Good Shepherd converted the former Hanford Hotel, 4 - 3rd St. N.W. into retirement apartments - 93 apartments on eight floors. It became known as The Manor.
- 1969: Shalom Tower I built at 304 - 3rd St. N.E. - 79 apartments for the elderly on lower fixed incomes.
- 1970: Health Center at 302 - 2nd St. N.E. opened with a 180 bed facility for skilled and intermediate level nursing.
- 1977: The John Gregory Lindon Hall (chapel) was built at the Health Center.
- 1982: Shalom Tower II built at 321 - 4th St. N.E. - 48 apartments for elderly on lower fixed incomes.
- 1995: New east addition to Health Center opened - 38 beds, offices and dining space.
- 2001: Cornerstone Assisted Living at 300 - 2nd St., N.E. opened on the first floor of the original Health Center - 18 apartments.
- 2002: Kentucky Ridge Assisted Living opened at 2060 S. Kentucky Ave., - 40 apartments.
- 2004: Cornerstone Assisted Living opened the second floor - 15 apartments.
- 2004: Third floor in the original Health Center was renovated. The third floor is a secured area for individuals diagnosed with having symptoms of Alzheimer's and related dementia.
- 2010: A 20 unit addition to Kentucky Ridge Assisted Living was completed.
- 2012: Re-model of the Manor's 1st floor and elevator.
- 2012: Addition to the Health Center with the addition of 31 private rooms, 2 new dining areas, lounges, and new Therapy area.
- 2013: Cornerstone Assisted Living added 20 units on the 3rd floor. Memory Lane residents relocated to new addition.
- 2017: Good Shepherd proudly built 32 condominiums, known as Prairie Place - 320 1st St. N.E.
- 2025: Shepherd's Glen Assisted Living opened - 20 assisted living units. Located on 222 S. Pierce, featuring a chapel, movie room, spa and atrium.











Don't you just love December?

I find myself looking forward to so many wonderful moments: smelling freshly cut evergreen, enjoying holiday displays and the feeling of peace that accompanies the first snowfall.



But the tradition that means the most to me, the one I look forward to all year, comes when I remove the big, clear plastic containers from storage and slowly unwrap the Christmas ornaments to hang on our tree. Some are barely holding on for dear life, but I won't replace the old ones for a fancier set of decorations. Each one brings back so many vivid memories. There are wooden painted ornaments that the boys made 60 years ago. Then we have several from the countries that we have visited and several I have that my folks had on their tree. So many ornaments with so many stories. Over time, we've added new ones – with new memories attached. Every Christmas the living history of our tree helps me remember all we've had and cherish what is still with us. -Joyce

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All I need to know about life I learned from Santa Claus



- Encourage people to believe in you.
- Always remember who's naughty and who's nice.
- It's as much fun to give as it is to receive.
- Some days it's ok to feel a little chubby.
- Don't pout.
- Make your presence known.
- Always ask for a little bit more than what you really want.
- Bright red can make anyone look good.
- Wear a wide belt and no one will notice how many pounds you've gained.
- If you only show up once a year, everyone will think you're very important.
- Whenever you're at a loss for words, say "Ho ho ho!"

<u>Things to remember over the busy holiday season</u>



- Keep a short list
- Use HALT (if you are feeling hungry, angry, lonely, or tired- pause before reacting to stress)
- Take social breaks and step away when needed!
- Say no- you are allowed to change or cancel plans when needed.
- Protect your sleep. Rest will keep your mood steady.
- Move your body. Movement will calm the mind.
- Honor your loved ones by creating those happy memories.
- Focus on what is in front of you and stay present.
- Shift your view, think or ask for a different perspective.
- Set kind boundaries for yourself.
- Focus on connection rather than imperfection.

Either way, everything will turn out okay!

SUNDAY SENIOR SMORGASBORD MENU

(Every Sunday from 11:30-12:15 in the Good Shepherd Chapel)



October 11th, 2026
Baked Chicken
Swiss Steak / Tuna & Noodles
Winter Mix / Squash
Ranch Cottage Cheese / Pear Lime Jell-O
Relishes / Dinner Roll
Strawberry Rhubarb Pie / Chocolate Meringue Pie

October 18th, 2026
Baked Chicken
Meatloaf / Liver & Onions
Mashed Potates & Gravy
Glazed Carrots / Green Beans
Coleslaw / Oreo Fluff
Relishes / Dinner Roll
Raspberry Pie / Banana Cream Pie

October 25th, 2026
Baked Chicken
Minutes Steaks & Gravy / Goulash
Mashed Potatoes & Gravy
Broccoli Normandy in Cheese Sauce
Potato Salad / Lettuce Salad
Relishes / Dinner Roll
Cherry Pie / Chocolate Meringue Pie

November 1st, 2026
Baked Chicken
Ham Balls / Macaroni & Cheese
Mashed Potatoes & Gravy
Peas / Squash
Pasta Salad / Pear Lime Jell-O
Relishes / French Bread
Strawberry Cream Pie / Lemon Meringue Pie

November 8th, 2026
Baked Chicken
Pork Chops / Beef Stroganof
Mashed Potaotes & Gravy
Green Beans / Corn
Macaroni Salad / Butter Finger Lush
Relishes / Dinner Roll
Apple Pie / Banana Cream Pie

November 22nd, 2026
Baked Chicken
Baked Turkey / Roast Beef
Mashed Potaotes & Gravy
Corn / Green Beans
Pistachio Salad / Pea Salad
Relishes / Dinner Roll
Lemon Meringe Pie / Pumpkin Pie

November 29th, 2026
Baked Chicken
Chicken & Dumplings / Baked Ham
Mashed Potatoes & Gravy
Broccoli / Sweet Potatoes
3 Bean Salad / Oreo Fluff
Blueberry Pie / Chocolate Cream Pie

December 6th, 2026
Baked Chicken
Roast Beef / Macaroni & Cheese
Mashed Potatoes & Gravy
Rivera Blend / Cauliflower
Potato Salad / Cheesecake Fluff
Relishes / Dinner Roll
Apple Pie / Coconut Cream Pie

December 13th, 2026
Baked Chicken
Baked Ham / Chicken & Rice
Mashed Potatoes & Gravy
Corn / Peas
Coleslaw / Fruited Jell-O
Relishes / Dinner Roll
Chocolate Cream Pie / Peach Pie

December 20th, 2026
Baked Chicken
Ham Balls / Baked Turkey
Mashed Potatoes & Gravy
Dressing / Green Beans
Cranberry Jell-O / Pistachio Salad
Relishes / French Bread
Cherry Pie / Pumpkin Pie

December 27th, 2026
Baked Chicken
Beef Stroganoff / Pork Chops & Gravy
Mashed Potatoes & Gravy
Carrots / Corn
Coleslaw / Strawberry Jell-O
Relishes / French Bread
Boston Cream Pie / Blueberry Pie

January 3rd, 2027
Baked Chicken
Roast Beef / Beef Spaghetti
Mashed Potatoes & Gravy
Broccoli Normany w/ Cheese Sauce
Pistachio Salad / Cucumber & Onions
Relishes / Dinner Roll
Red Raspberry Pie / Banana Cream Pie

January 10th, 2027
Baked Chicken
Baked Ham / Swedish Meatballs
Mashed Potatoes & Gravy
Broccoli / Carrots
3 Bean Salad / Oreo Fluff
Relishes / Dinner Roll
Blueberry Pie / Lemon Cream Pie

Good SHEPHERD Inc.
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Administrator: Kimber Kleven
Editor: Joyce Nielsen
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Good Shepherd Health Center
Sunday Dinner Drawing

Name: _____

Date: _____

Use this slip or same sized copy to enter our weekly drawing for a free meal!

*One entry per week/person

The weekly Sunday Dinner is back! Serving begins at 11:30am and concludes at 12:15pm.
$8.00 for seniors and $10.00 for guests.
See you next Sunday!