



The Hill Topper

Missouri Slope Lutheran Care Center Newsletter

SUMMER | FALL 2022



HIGHLIGHT

It's summertime! We have been enjoying the sunshine in our newly completed outdoor patios and gardens where our residents and families find peace and tranquility on those nice sunny days. On the day's that aren't so nice, everyone may navigate to the sunrooms where they can appreciate the inclement weather safely between 4 walls.

THE PLACE TO LIVE, WORK, AND SERVE

At Missouri Slope, you will often find us using the term "live, work, serve." These terms exemplify our calling in a faith infused ministry. In this newsletter you will find people and stories that demonstrate why we use the phrase. You'll find it is the greatest place to live, the most rewarding place to work, and the most fulfilling place to serve.

From the President's Desk



Reier Thompson

Greetings from all of us at Missouri Slope! We are all feeling very blessed to be operating in our spacious new facility on North Washington Street. I've heard many comments from residents, families, employees, and primary care providers that the abundance of natural light, private rooms, and multiple destinations inside and outside the building has improved the quality of life for those living and working at Missouri Slope.

We intend to start construction soon on our Bistro which will add to the experience for everyone with options to get a meal, a hot beverage, or just another location to visit within the campus and stretch the legs. The campus was designed to benefit and serve the needs of everyone whether living, visiting, or working here. Thank you to all the wonderful benefactors who have stepped up to make our dreams a reality. We still have a ways to go and will continue celebrating every success along the way!

As we near the beginning of the school year, I am grateful for all the wonderful team members who helped us out during the summer months and are now headed back to school. Each year, we see fluctuations like this in several departments that have been the norm for decades in healthcare. This also opens the door for people in the community. Whether you have been looking for a sign or feeling the need for a change, let this be that sign or nudge! Every day, we pray for the good Lord to send to us people with the hearts and minds of caregivers to join us in our mission to Enrich Lives. As a large organization, we are always hiring and doing our best to accommodate unique schedules or other needs.



Working in a Christ-centered organization such as Missouri Slope has been one of the most rewarding experiences in my lifetime. I've grown as a person and as a professional through the connections, education, and teamwork we enjoy on a daily basis. The opportunity to be a small part of the story in the lives of those we care for is an honor and a privilege. Thank you to all our residents, tenants, and family members of Missouri Slope for giving us this opportunity!



MISSOURI SLOPE
TAILORED CARE. INSPIRED LIVING.

— A ministry of Missouri Slope Lutheran Care Center —

Giving Opportunities

Foundation Focus

CATHY ANHALT



As the Missouri Slope Development Officer, I am responsible for raising funds for our facility and helping potential donors and advocates with funding opportunities. In this Foundation Focus, I am reminding potential donors of one opportunity.

Are you a Thrivent member? If so, I want to remind you that you can contribute to causes you care about, and influence how Thrivent distributes some of its charitable grant funding through Choice Dollars. You can make a personal donation to your favorite organization enrolled in the program. Missouri Slope Foundation is a nonprofit organization and is one of 45,000 who are enrolled. Giving back is a top priority of Thrivent, and as a client, you can take advantage of their generosity too.

thrivent

Your financial gift will have an impact on those we serve by sponsoring projects that enhance those that live and work at Missouri Slope. You can help make a difference in the lives of our residents, tenants and staff.

You can support our continued success by logging in to direct Choice Dollars to Missouri Slope. Thrivent pays the processing fee so your entire donation would go to us. For eligibility, you must be a client with membership, and it is based on insurance premiums and contract values. If you have further questions contact your Thrivent agent or office at 701.222.3118.

For more information on giving opportunities please call me at 701.221.9349. I am happy to share what God's goodness and mankind's generosity have blessed us with.

"One man gives freely yet gains even more; another withholds unduly, but comes to poverty. A generous man will prosper; he who refreshes others will himself be refreshed." Proverbs 11:24-25

WE NEED BINGO PRIZES!

Our Activity Department is always running out of BINGO prizes due how much our residents LOVE playing. They can use ANYTHING as a BINGO prize, but here are some examples:

- Picture Frames
- Artwork
- Nick knacks
- Coloring books
- Word search/cross-word books
- Socks/Slippers
- Blankets
- Stuffed Animals
- Lotion/Perfume
- Candy/Snacks

If you have anything to donate, please drop off to the front desk of Missouri Slope! The residents and activity staff greatly appreciate it!



LIVE

at Missouri Slope

Darlene Anagnost

Darlene has been a short-stay resident at Missouri Slope since June 2022. She has a cheerful personality and can find the “silver lining” in any person or situation. It was a joy to speak to Darlene about her life and how she ended up with us at Missouri Slope.

Darlene is from Jamestown, ND, where she lived for 37 years. She was united in marriage to Richard in 1958 and they had three children. After a short stint in Devils Lake, they moved to Bismarck in 1977 where she currently resides. Darlene spent her life working as a secretary with various businesses while her husband worked as a Highway Patrolman. Having successful careers was important to them because they wanted to provide for their family and their children’s best interest. Richard passed away in 2008.



Darlene with her three children.

She has one son and daughter in law that live in Bismarck, a daughter in Grand Forks , and a son and family in Minnesota. They have all been instrumental in her health and well-being. After a minor stroke last year, they thought it best she moved into Touchmark independent living. Darlene said, “It wasn’t too serious, but serious enough my children did not want me to live alone.”

In June of 2022, Darlene had a fall in the shower and broke her femur. She was taken to the ER, admitted to the hospital, and soon found herself in surgery. After spending a few days in the hospital, she was transferred to Missouri Slope to recover, gain strength, and restore mobility. She wasn’t too excited about going to a “nursing facility”, but she knew it was for the best. Her last experience at a skilled nursing home was as a visitor. Her mother spent 10 years as a resident at Missouri Slope and Darlene would visit her frequently.

Her physical and occupational therapists keep her pretty active and on schedule at Missouri Slope. She also has a list of exercises on the whiteboard in her room that she must accomplish daily. All of this exercise often leaves her too tired to participate in activities. However, she does enjoy chapel services and musical guests. She also enjoys a trip to the hair salon once a week. Darlene told us, “The first time I got my hair done, I got so many compliments!” She has a great time with her caregivers and is always one to put a smile on their faces. Darlene believes, “Everything they do is truly for the benefit of the residents; they take very good care of us.”

Jared, her physical therapist, says she is progressing with her care plan very efficiently. Just six weeks after her surgery, she is bearing weight on her leg and beginning to work on getting her independence back with various physical and occupational therapies. Jared says she is “very intelligent” and will most likely be heading home in the next week or two.

We will miss Darlene after she leaves Missouri Slope, but we are thankful to be able to provide care for people like her.

Employee of the Quarter

Lois Lapp was chosen as Employee of the Quarter for June 2022. She has been employed with Missouri Slope since December 1991 as a Cosmetologist working in the salon. Lois said the best part of working at Missouri Slope is “the people.” She has met so many positive people over the years. She takes pride in her service to the residents and making them feel as special as they are. In turn, she enjoys seeing the residents' faces light up when they see her outside of the salon. Lois' greatest highlight of her time at Missouri Slope is “being a part of such a big place that has done so much. Like the new building, being part of such growth.”



Lois' nominator said, “Lois has been a very positive and uplifting employee through COVID. For a time she worked by herself with a part-time haircare person and never wavered when splitting her time between two campuses. She is always doing what needs to be done for the residents and her residents look good!” Lois also assists in feeding residents, making sure everyone has water and helps complete other tasks on the nursing units before she completes her shift. Lois works hard to help make resident's time at Missouri Slope the best it can be. Lois also said, “I love making the resident's look and feel their best. The smiles we receive are the best!”



Lois received her cosmetology license from RD Hair Styling College in 1982. She has been married to her husband, Tim, for 40 years this summer. They have two boys, Joshua and Jared and three grandchildren with two more on the way! Lois enjoys reading, being outside with the flowers, spending as much time as possible with their grandchildren and going to concerts.

Employee Testimonials

"My experience at MSLCCC has lead me into the direction of pursuing a nursing degree. It made me fall in love with caring for others and has also inspired me to continue doing so Missouri Slope has also showed me that my care and help is greatly valued and does not go unnoticed. There is no better feeling then knowing you made someone's day better with your help!" Adriana (MTA)

"I just wanted to say I did enjoy working here a lot. I did recommend this place to some of my travel buddies. This is coming from someone who would take care of 30-50 residents, so this place was great for me personally. Your facility was really clean and organized. I do love having everything stocked in the rooms. Also, I did say goodbye to a few residents I enjoyed having." Felicia (former travel nurse at Missouri Slope)

SERVE

at Missouri Slope

Governing Board

The Missouri Slope governing board is comprised of at least one representative from each of our nine member churches. Meet our newest member:



SHELLEY PORTER

Shelley is a retired registered dietitian who was employed at St. Alexius Medical Center for 35 years, followed by a short stint at Augusta Place until deciding to become a full-time volunteer. She and her husband, Jim, have a daughter and son. Shelley enjoys gardening, quilting, exercising at the YMCA, and warm weather. She is a member of Sunne Lutheran Church in rural Wilton.

Foundation Board

The Missouri Slope Lutheran Care Center Foundation Board is currently comprised of 9 members, but can have up to 12. These members can come from any community served by the Foundation without regard to church affiliation. Meet our newest members:

JILL POWER



Jill is a retired registered nurse who was employed at the hospital in Bismarck for 16 years. Jill also worked as the office manager for her husband's business, Power Financial for over 26 years. Jill and her husband, John have 3 children and 4 grandchildren.

Jill enjoys gardening, cooking, golfing, exercising, and reading. Jill and her John are members of Faith Lutheran Church in Bismarck and she serves on several of their committees.

DARREN SCHMIDT



Darren was born and raised in Bismarck, ND. He is actively engaged in the community sitting on several boards such as Northern Plains Dance, Dakota Junior Golf Association, Bismarck Rotary Club, and the Bismarck-Mandan Board of Realtors Past and Present.

In 2008 he began his realty career at Oaktree Realtors, and in 2015 he became the owner. Darren and his wife, April, have two sons, Huck and Heath. Darren enjoys spending time with family, golfing, and biking.

Looking for a volunteer opportunity? Give us a call. (701)223.9407

Department Update

ACTIVITIES

Activity Director Mandy Perius

Our activities team works hard to provide the residents with daily activities to improve their quality of life and prevent depression and loneliness. August is a busy month for activities including: Dolly Parton Impersonator, Milo Hatzenbuhler, The Price is Right, a piano recital, our second Parkinson's support group, musical entertainment including a new entertainer Larry Zubke, and of course everyone's favorite, weekly bingo!



Another important activity we've added to the calendar is a Bible study class every other Tuesday and it is lead by residents! We are always trying to get creative and come up with activities our residents will be excited to try. Our future goal is have an "old cars" parade and visit the Minot Zoo in September!



CHAPLAIN'S CORNER

Pastor Larry Giese

Winter is past, the snow has stopped; flowers cover the earth. It's time to sing. The cooing of doves is heard in our land. Fig trees are bearing fruit, while blossoms on grapevines fill the air with perfume. Song of Solomon 2:11-13

Summer is the time for sticky popsicles, the smell of fresh cut lawn and the aroma of petunias, and burgers cooking on the grill. The days are longer, the nights are warmer.

Summer is also a busy time. Some have vacations, new appointments, family reunions and get togethers. Before we know it summer will give way to the fall season.

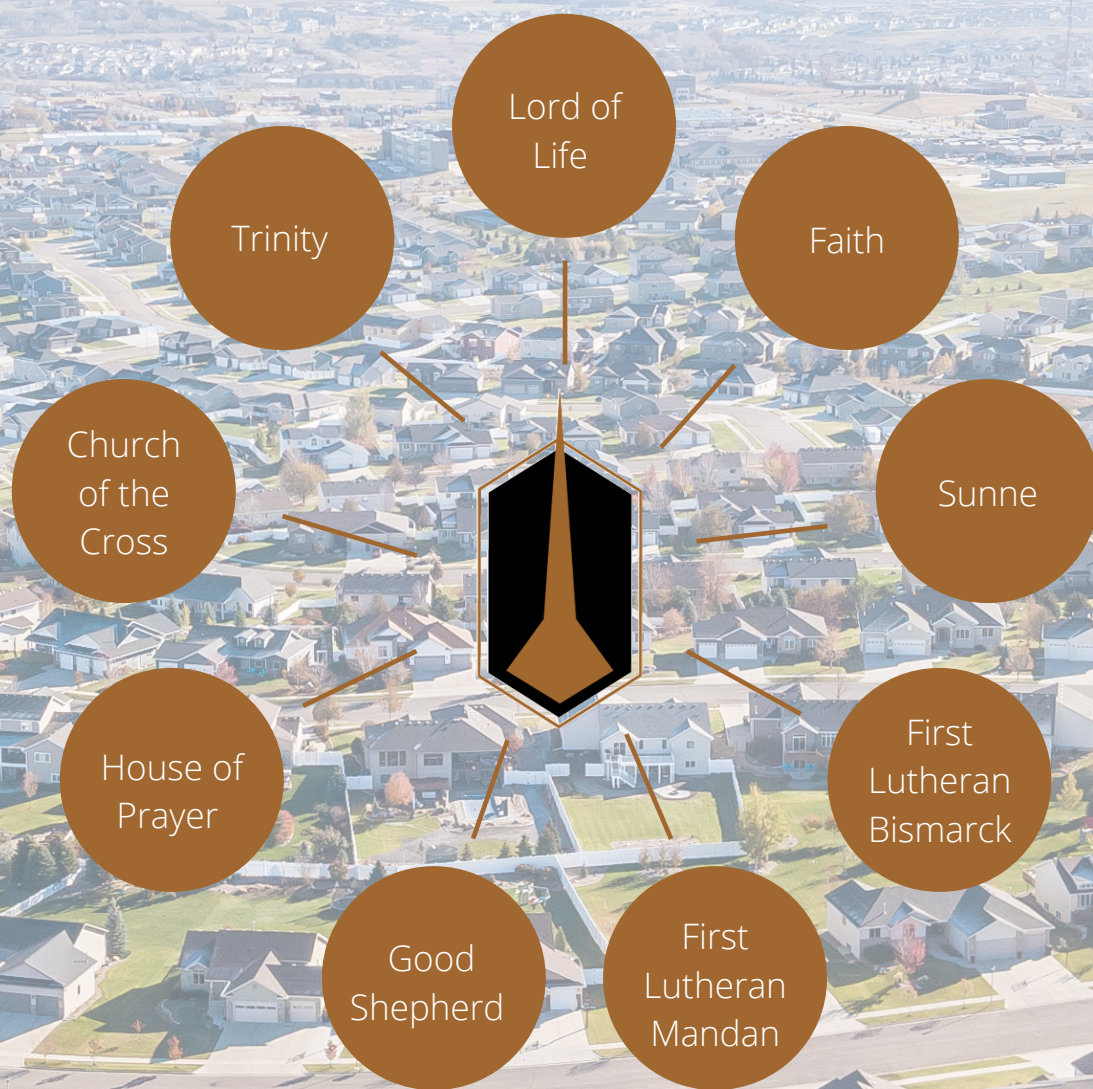
This summer, make taking a time for reflection, and taking some deep breaths become a priority. Breathe in God's good gifts of fresh air! If you are able, gaze at the stars at night. Find a quiet time in the courtyard to meditate or read. Quiet the mind and body with relaxing music.

The summer months show God's gorgeous creation in full, vivid bloom. Let our eyes see, our ears hear, and our mouth taste the blessings and beauty of it all. Find peace in this summer season.

Dear Jesus, Thank you for the summertime. Help us find peace in the beautiful warmth of your creation. Amen. Have a blessed and graced filled summer.

Serving your community through the generations.

FOR THE LAST 50 YEARS, AND THE NEXT 50 YEARS.



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