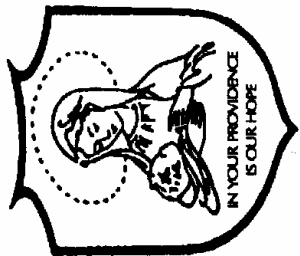
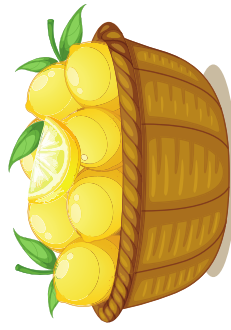


Divine Providence
Community Home
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**DIVINE PROVIDENCE
COMMUNITY HOME**

Enriching lives through Quality Services and Christian Care

A note from the Administrator- Jayna

Change is inevitable, but that doesn't make it easy. We tend to dislike change for many reasons such as fear of the unknown, a preference for routine and predictability, and loss of control. Additionally, if we don't understand the reasons behind the change or perceive a negative impact from the change it is even more difficult. In our home, we have regular changes in the people we assist. Some changes are bitter sweet like when a resident returns to their home after recuperating. We celebrate with them, but know we will miss them too. Some changes are sad like when we celebrate a life after a resident's passing, but at the same time rejoice that their pain or suffering has ended. Not only are we losing the resident, but their family and friends that have become part of our family too.

Co-worker change is another constant in our home. Many co-workers become our friends and extended family, so we want to be happy for our co-worker that is retiring, moving, or has found a new opportunity, but also realize we won't see them as often and will absolutely miss their wisdom and help. Getting to know new co-workers and showing them the ropes takes time and patience and can be a challenge, but many will become our new friends and family.

Another recurring change is the rotation of Sisters to other homes to live and work that are served by the Daughters of St. Mary of Providence. Recently, we experienced this change when Sr. Emily, one of our four Sisters, was transferred to Queen of Peace Retirement Center in Lake Zurich, IL to take care of the retired Sisters. While we understand the reason for this change, it is still hard to say goodbye. Sr. Emily came to our home in the fall of 2022 and quickly achieved her nursing assistant certification in Minnesota and never looked back. She has the heart of a caregiver and fit in perfectly on the evening shift which is where you would usually find her, but her commitment had her helping around the home all day. Her co-workers, residents, and families appreciated her compassion and devotion to the elderly and her team approach. She was always willing to help others, adapt to different situations, and maintain a positive attitude.

We wish Sr. Emily well in her next placement and anticipate that some day she will be back at Divine sharing her love.

Farewell Sr. Emily!



As Jayna mentioned in her article, we had to say farewell to Sr. Emily in mid-July as she moved on to her next assignment in Illinois. Lake Villa Maria and Divine each held a farewell party for her which included a pizza party with the tenants of Lake Villa and ice-cream social in the dining room of Divine. Beth Vait-Kosel organized a prayer service program which included a special poem, Sr. Emily's favorite Bible verse, and her favorite hymns. Ave Maria was also played on the cello by Lucia Martinez, and young children performed the song 10,000 Reasons with actions. The dining room was filled with coworkers, residents, and their family members coming together to wish her well. We are so thankful for all she has done here at Divine and look forward to the day when she will return!



- Thank you Linda Grosam for the donated Bingo Money
- Miss Sleepy Eye Royalty & Katie Roiger from the Herald Dispatch for the nice pictures & write-up in the newspaper
- Flowers from Jared & Lindi Beltz's Wedding
- Jim Rathman for the additional donated flowers

*Thank
You.*

Memorial Received In Memory of Jim Schumacher:

- Neil & Rose Mangen
- Cliff & Bernette Schumacher

Memorial Received In Memory of Carol Wurtzberger:

- Pat Wurtzberger and Family & Friends

Divine Providence extends our deepest sympathies and prayers to the family and friends of Elsie Heutinck & Frances Marks



Elsie Heutinck

Elsie planted her roots in Olivia as she was born and lived there her entire life. She raised one son, Lenny. She spent much of her life as a hard-worker on the Olivia farm milking cows, picking chicken eggs, and gardening. Her talents and hobbies included drawing, making greeting cards for others, and spending afternoons playing cards with her friends. Bingo also was a favorite past-time that she enjoyed playing and winning. She had a love for many animals, but especially kitties, dogs, and birds.

For the past 10 years, she lived with her Traditions Family at the Traditions Apartments in Olivia. Elsie was a devoted member of St. Aloysius Catholic Church with a deep faith. Her humor and loving character will be missed by all those who knew her.



Frances Marks

Frances was born in North Dakota and raised on a wheat and sheep farm in the Red River Valley, north of Grand Forks. She attended St. Benedicts College earning a teaching degree and even her Master's Degree. She started teaching in Minnesota and South Dakota. She spent 26 years teaching high school English in Graceville. When she was a teacher in Milroy, Mr. Jake Marks who was also a teacher, caught her eye and they married in 1952. God blessed them with 3 children, Janae, Paul and Kathy. Besides teaching, she was very active in each of the communities she lived and especially was a faithful member of Assumption Catholic Church. She was a volunteer with preparing the bulletin and other tasks. Frances was a social butterfly and she made many friendships during her life. She lived a full life, reaching age 97, and the memories of Frances will be treasured by her family and friends in years to come.



**Athlete
of the month**



Verna Wendinger

Verna was nominated for athlete of the month due to her consistent participation with her restorative program. Verna always is willing to join the exercise group and offer never-ending smiles and encouragement to others around her. Keep up the great work Verna!



Monthly Therapy Chat: Benign Paroxysmal Positional Vertigo by Ashley Remus, Rehab Director

Do you ever feel dizzy with a sudden spinning sensation triggered by head movements? This may be what is called Benign Paroxysmal Positional Vertigo (BPPV). Calcium crystals in the ear become dislodged and when the head moves the dislodged crystals shift within the ear canal. This stimulation can then send a false signal to the brain which causes the symptoms of vertigo. Therapy can help patients resolve this issue by completing an assessment for BPPV. If the assessment (Dix-Hallpike maneuver) is positive, the therapist would then proceed with the canalith repositioning treatment. Many people find relief after just one treatment. If you are experiencing any symptoms of vertigo, consult with your doctor who may give you therapy orders to treat this condition.