

# Good Samaritan Center

By Lisa Paulson

Several years ago, a special guest consultant, Erin Bonitto came to train the Good Sam staff on better caring for our residents with dementia. In addition to an overview of the changes that take place in the brain associated with dementia and Alzheimer disease, she taught us communication strategies and how to create a "memory care environment" for all the residents. We have been implementing these strategies ever since, and thought you might like an update on how they are working and the changes we have seen, and also as a mini refresher course for staff, volunteers, friends and family alike.

The most effective strategy is simply approaching our residents in a different way. There is a four-step guideline to follow, and if you have a loved one struggling with dementia it would be a great thing for you to adopt as well. Step 1: Approach from the front. (So as not to surprise or frighten). Get down a little lower than eye level (puts your loved one in a place of honor and respect) Call her by her familiar name ("Hi Mom") extend your hand (wait for her to reach for yours). Step 2: Say your familiar name and a simple statement (seven words or less) of who you are ("It's Lisa, your favorite number three daughter") Step 3: Make a simple statement of what you are doing ("I'm here to have coffee with you") avoid questions ("Do you want to have a cup of coffee?") Step 4: Always end your interaction with an endorphin boost ("I love you, I'd like to give you a hug").

This approach is proven to set the mind at ease by gently re-orienting her. Your mom may recognize you, but be unable to retrieve your name, causing great frustration that will hinder further communication during your visit. Remember while conversing to again avoid questions. Instead of saying "Do you remember Dad and how hard he worked?" Replace the question with a statement like, "I was thinking

about Dad, he worked hard." This will facilitate much more meaningful conversation.

Lora Zwickle once told me, "Old people are slow; we need everyone to slow down."

This technique causes us as caregivers to slow down. It puts the focus on relationship vs. tasks. It makes our jobs more enjoyable and the residents more relaxed. It has been a very good thing to do for those we love and easily in the power of our hands to do so. (Proverbs 3:27)

Our week was one of sweet routine, and most often I report on what the various clubs are doing, but this week I want to highlight the "little" very "BIG" things that happen every day to make this house a home. The following are some things I witnessed this past week and I know that there are so many things that happen that we never see: a staff member singing to a resident who is fearful at bath time; the tender handling of baby dolls, precious to Dororthy Hunt; a box of hunting material complete with skins and pelts to identify delivered to Jim Colgan; Eva Bryan was tucked into her shawl and blanket to keep out the chill (makes me warm just thinking about it); a three-day search for a lost mechanical kitty ended with a grateful reunion with Ethel Nemeth; the pony, Butterscotch got some new batteries so Lee Foley could enjoy the company of a familiar friend; Glenn Martin announced he's running for Governor so Julianna, (Unit Leader) made him a campaign hat and signs that read, "VOTE Glenn for Governor!" appeared all around the square; his wife, Eunice led singing during "Songs of Worship"; Cheryl Hill smiled with tears when she was prayed for. "Little" very BIG things that are so important! If you have a "little" time - won't you consider trading it in for a very BIG return of your investment. Come spend it with us!

Visitors this week were: Audrey

and Murry Pavlicek for **Mary Lemman**. Mert McEvoy for **Lucy Schissler**. Reva Marshall and Penny Fringer for **Dorothy Hunt**. Marvin and Sharon Slabaugh, for **Opal Bryan**. Eunice Richards for **Earl Brown**. Detta Anderson for **Eva Bryan**. Wendy Scott for **Evelyn Olson**. Connie Simonsson for **Amy Rehm**. Cheryl Miller for **Loren Schrock**. Jerry Hill for **Cheryl Hill**. Max Carman and Terri Clymer and Marilyn Lindgren (Idaho) for **Myrtle Waldo**. Sally Henningson for **Connie Cramer**. Marilyn Horn for **Myrtle Ross**. Gerald Benda for **Eulaine Benda**. Eunice Martin and Connie Robison (Littleton, Colo.) for **Glenn Martin**. Susie Sabatka (Atwood) for **Vera Kacirek**. Gene Leitner and Pat Tongish (Newton) for **Marcella Leitner**. Pat Fringer and Reta Barratt for **Margaret Vacura**. Rose Riffle for **Roxie Pomeroy**. Nadine Tacha (Jennings) for **Galen Tacha**. Gerald and Connie Olson for **Evelyn Olson**. Connie Bryan (Scott City) for **Leone Porsch**. Ralph and Norma Unger for **Earl Brown, Lucy Schissler, Margaret Vacura and Walt and Betty May**. Miranda Mock and Virgil and Donna Mock (Norton) for **Vivian Mock**.

# Pack healthy school lunches

Many families are choosing to pack lunches for school and/or work. This practice can save time and money, and reduce waste. But as the days turn into weeks, it can become a grueling task to keep your lunch box ideas fresh and fun for those who will be eating them, as well as keeping the packed lunch healthy.

Here are some ideas you might like to try. Perhaps they will inspire your own creative ideas as well.

Kabobs. Sometimes, it's all about presentation! Stringing bite-sized pieces of vegetables, cheese, fruit, and cooked fish or meat chunks onto skewers can be just the thing to tempt taste-buds. It's also a great way to introduce a new food strung among some old favorites.

Make your own. In the evening, fill a small container with a tight fitting lid with a smoothie mixture, or with alternating spoonfuls of fat-free yogurt and fruit. Freeze. In the morning, pack a spoon and the frozen treat. It will still be semi-frozen by the time it's enjoyed at lunch, and it offers good nutrition in a "kid-friendly" way.

Warm it up. Beyond sandwiches, think tacos, quesadillas, pasta and pizza for lunchtime variety that can



## Home Time

By Tranda Watts  
Regional Extension Agent

be served hot or cold. An insulated thermos container can be a great way to pack warm soups, brown rice, whole-grain pasta dishes or oatmeal as well as leftover dinners.

Sandwich in variety. Even a simple change, such as from white sandwich bread to whole grain choices (including mini bagels, tortillas, pitas, muffins or crackers), can get people more excited about good nutrition. Consider various fillings, such as a variety of thinly sliced vegetables, fruit chunks, hummus, egg or tuna salad, leftovers such as last night's meatloaf, chili or shredded cooked chicken, roasted meats and poultry, and sliced cheeses. For example, spread peanut butter on a whole wheat tortilla, roll a banana up in it, and then

slice it into pieces for easier eating. If you need a simple protein food, pack hard-boiled eggs, low-fat cottage cheese, low-fat cheese chunks, canned tuna or peanuts.

Get creative together. Ask whoever will eat the lunch for his or her ideas. And when time permits encourage that person to help pack his or her own lunch with you.

Please feel free to contact your local K-State Research and Extension Office if you have questions about food and nutrition.

Tranda Watts is Kansas State University extension specialist in food, nutrition, health and safety for Decatur, Gove, Norton, Sheridan, and Trego counties. Call her at (785)443-3663 or e-mail twatts@ksu.edu. For information, contact the Decatur County office of Twin Creeks Extension, 475-8121.

## Living with VISION LOSS?

If you've been diagnosed with macular degeneration, find out if special microscopic or telescopic glasses can help you see better. Even if you have been told nothing can be done you owe it to yourself to seek a second opinion.



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## Norcatour News

By the Norcatour News Committee

Norcatour Senior Citizens will play pinochle at 1 p.m., Thursday, Sept. 13 at the Methodist Church Educational Building. Everyone is welcome.

The Knitigh families met Aug. 18 at the church's Educational Building for a reunion. Present were: Duane Kintigh, Courtland; Bob and Sharon Bearley, Kensington; Debbie and Doug Statan, Pleasanton; Mike Kintigh, Fairview; Cletus Kintigh, Gene Kintigh, Lyons; Lula Hix, Lynn and Ed Wedow, Scottsdale, Ariz.; Linda Young, Conifer, Colo.; Beth Sebaugh, Janet Ankenman Oberlin; Tamara Bunney, Garden City; Evelyn Young, Jennifer Schoonover and Jarden, Aurora, Colo.; John and JoAnn Ankenman, Johnny Ankenman, Norcatour; and Clay McMullen, Norton.

Prior to the Kintigh reunion Larry Hix, Crownsville, Md., met Lula Hix, Lynn and Ed Wedow and Linda Young in Norton. They also visited Betty Reid and Arlene Hix at Whispering Pines. Wanda and Minh Nguyen, Lone Tree, Colo., were also present making it an unplanned Hix reunion. Bee Nelson and Dorothy Ward visited the group at the Pizza Hut.

The Hix family stopped by to visit Gail and Denise Bailey before all returned to their homes. A pre-95th birthday celebration for Lula Hix was held at Linda Young's home in Conifer. Attending were: the guest of honor, Lynn and Ed Wedow, Terry and Debbie New, Wes New, Chanin, Tim and Ava Beckman, Taylor, Allen Floyd and Laura Noel.

Dorothy Ward, Bee Nelson and Bee's son, Todd Nelson of Wichita, were in Jennings during the annual Firemen's Fun Day and to pick up their annual order of kolaches.

Bee Nelson and Dorothy Ward attended the appreciation barbecue hosted by Norton Animal Health Clinic last Wednesday.

Happy birthday wishes go to:

Carl Lyon, Aug. 29; Bob Strevey, Aug. 31; Aurelia Jackson and Albert Sedlmayer, Sept. 2.

The family of Lula Hix will be 95 on Sept. 9. Her address is 5345 E. Acoma Dr., Scottsdale, Ariz., 85254.

Former Norcatour resident Veal Sparkman celebrated her 100th birthday with an open house hosted by her daughters Mary Horesky and Alice Jones and grandchildren. It was held on Sept. 1 at the Norton Senior Center.

Bonnie Rapp became a great-grandmother for the 15th time recently with the birth of Colby Reese Burggraf on Aug. 15 in Lawrence. She weighed 6 pounds 7 ounces and measured 18 1/2 inches. Her parents are Nichole and David Burgraff and grandparents are Ben and Yvonne Rapp.

A combined worship service between the Norcatour United Methodist and Maple Grove churches was held Aug. 26 at the Norcatour church. The Rev. Jack Kersenbrock and Pastor Ed Wood officiated. There was a covered dish dinner followed by a musical program presented by Jason VanPelt, McCook.

Don't forget the benefit hog roast for Eric Kuhlman on Saturday night at 7 p.m., at the school building in the All-Purpose Room. If you bought one of the red T-shirts to show your support of Eric, you are encouraged to wear it that night. All proceeds will go help help with medical and transportation costs while he goes through chemo treatments.

The city's website has been updated. Check out all the information at www.cityofnorcatour.com. If you have anything to add, contact Deb Marshall at the city office.

Story Time at the Norcatour Library is at 10 a.m. every Wednesday. All children are invited. Book Potpourri will be held at 1 p.m., Wednesday, Sept. 19, at the Library.

home. On Wednesday, Maralyn had surgery and on Thursday she and Brad met Kirk Ware at Elm Creek, Neb., and he brought his mother home and Brad returned to his home.

## Hate blurs the vision Doug Mason, Teens for Christ

Did you ever hear the phrase, "Hate blurs the vision"? It's a phrase with a lot of truth to it. When you are angry at somebody and you don't let it go, it grows into hate. When you reach the state of "hate," your mind plays scenario after scenario about how you would put that person in his or her place. It is quite time consuming. Hate raises the blood pressure.

A recent survey has shown that most people with hypertension have admitted that they bear grudges and cannot forgive. Hypertension is a great cause of heart failure. It is a condition that is quite unhealthy - not so much for the hated person - but for the person doing the hating. It doesn't take much time at all for the state of hate to change what really happened into what you want it to be, making you the innocent victim, in your mind.

Having spent years as a pastor, I have people that hate me. It comes with the job. Any pastor worth his/her position needs to confront people of the church about their sinfulness. Most often they don't take it well. Most often the person leaves the church, twists the truth to make them into the victim, and freely tells everybody about how terrible the church and the pastor are.

Everybody knows what it is to hate someone. Everybody knows what it is to be hated. Neither side is good, but it's so much tougher on the person doing the hating. I John 4:22 says, "If anyone says, 'I love God,' and hates his brother, he is a liar; for he who does not love his brother whom he has seen cannot love God whom he has not seen." (ESV) By "brother" it means "fellow Christian." There is a lot of "hate" going on in the church. Isn't that ridiculous?

OK, so you say, "I don't 'hate' anybody." Well, let me ask you this: Did you ever lie in bed, unable to sleep and kept running an issue with a person through your mind and considered what you would like to do to that person? That's hate. Have you ever gone for months, maybe even years refusing to talk to someone? That's hate. Is saying bad things about that person just what happens whenever the name comes up in conversation? That's hate.

As a Christian, if you hate someone, you are sinning. Yes, everybody sins, but when you hate you are living in sin. There's a difference. This is so serious an issue for God that even Jesus had quite strong words about it. He told us not to even worship when we are this way. Matthew 5:24 says, "Leave your gift there before the altar and go. First be reconciled to your brother, and then come and offer your gift."

Let's stop here and look at the situation. Who do you hate? Why? Be truthful! Is it completely that person's fault, or did you have something to do with it? Be honest!!! How much time have you wasted hating this person? How many knots in the stomach? How many fitful nights of sleep? Where have you twisted the truth?

"Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice." (Ephesians 4:31)

Jesus set the standard on this one: "You have heard that it was said, 'Love your neighbor and hate your enemy.' But I tell you: Love your enemies and pray for those who persecute you, that you may be sons of your Father in heaven." (Matthew 5:43-44)



## Schedule of Oberlin and area church services:

**OBERLIN SACRED HEART CATHOLIC CHURCH**  
785-475-3103  
Fr. Mark Berland,  
MASS: 5:30 p.m. Saturday

**IMMACULATE CONCEPTION CATHOLIC, LEOVILLE**  
Fr. Mark Berland,  
MASS: 8 a.m., Sunday.

**SACRED HEART CATHOLIC, SELDEN**  
Fr. Mark Berland,  
MASS: 10:00 Sunday

**JENNINGS-DRESDEN UNITED METHODIST CHURCH**  
Pastor: Barbara Patterson  
SUNDAY: Church School, 10 a.m. Morning Worship, 11 a.m.  
**DRESDEN**  
SUNDAY: Morning Worship, 9:30 a.m.

**PRAIRIE CHAPEL UNITED METHODIST**  
The Rev. Nancy Proffitt  
SUNDAY: Church Services, 9 a.m.; Sunday School, 8:30 a.m.

**HERNDON IMMANUEL UNITED CHURCH OF CHRIST**  
Pastor: Dennis Brown  
SUNDAY: Morning Worship, 9 a.m.

**OBERLIN UNITED METHODIST 102 North Cass - 785-475-3067**  
The Rev. Nancy Proffitt  
SUNDAY: Church School, 9:30 a.m.; Morning Worship, 10:45 a.m. (Nursery provided.) WEDNESDAY: Praise team practice, 8 p.m.

**OBERLIN ASSEMBLY OF GOD**  
The Rev. Royce Leitner  
SUNDAY: Sunday School, 10 a.m.; Morning Worship, 11 a.m.; Evening Worship, 7 p.m. WEDNESDAY: Adult Bible study, 7 p.m.

**UNITED CHURCH OF OBERLIN**  
Pastor: Judi Stricker  
109 North Griffith-American Baptist, Disciples of Christ, Presbyterian USA  
SUNDAY: Adult Sunday School, 9:30 a.m.; Coffee: 10:30 a.m. - 11 a.m. Worship Service, 11 a.m. Choir practice every Sun. at 9:45 a.m. Holy Communion, 1st & 3rd Sundays. United Church Women, 2nd Wed at 2 p.m. Parish Council, 2nd Sun. following Worship

**OBERLIN COMMUNITY FELLOWSHIP (Southern Baptist)**  
Pastor: Gene Gee  
SUNDAY: Sunday School, 9:30 a.m.; Morning Worship, 10:30 a.m., WEDNESDAY: Service, 7 p.m.,

**CLAYTON UNITED METHODIST**  
Pastor: Ed Woods  
SUNDAY: Sunday School, 10 a.m.; Worship Service, 11 a.m.

**OBERLIN CHURCH OF CHRIST**  
South Beaver Street - Oberlin  
Bill Duncan - Phone 785-475-3259  
SUNDAY: Fellowship and coffee time; 10:00 a.m. Praise and Worship time, with Weekly Lords Supper, Multi-media Bible sermons & open bible studies combined. Private Bible studies on request.

**ST. MARY'S CATHOLIC, HERNDON**  
Fr. Nick Parker  
Phone 785-322-5560  
MASS: SUNDAY and THURSDAY 8:30 a.m.

**HERNDON COVENANT CHURCH**  
Pastor: Keith Reuther  
Phone 785-322-5316  
SUNDAY: 9:45 a.m. Morning worship, 11 a.m. Youth group, 4 p.m.

**NORCATOUR UNITED METHODIST**  
Pastor: Ed Woods  
SUNDAY: Worship Service, 10 a.m.; Church School, 10:30 a.m.

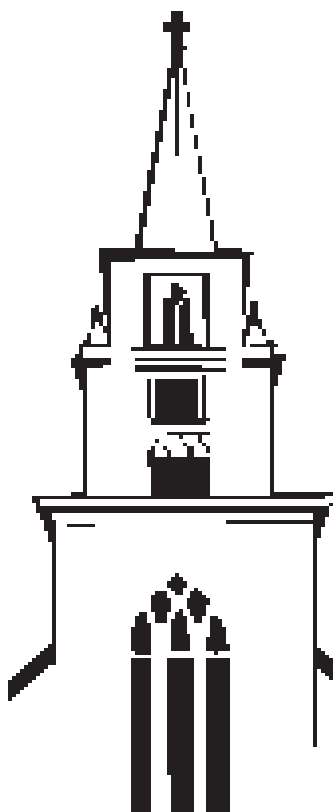
**LYLE UNITED METHODIST**  
Guest Speakers every Sunday  
SUNDAY: Morning Worship 9 a.m.

**EVANGELICAL COVENANT CHURCH OF OBERLIN**  
Pastors: Chris and Sharon Nelson  
810 West Cedar, Oberlin  
Office Phone 785-475-2769  
SUNDAY: Worship Service, 9:30 a.m.; Fellowship Time, 10:30 a.m.; Sunday School, 11 a.m. WEDNESDAY: Bible Study, 7 p.m.

**LUND COVENANT CHURCH**  
Pastor Roy Matthewson  
10 miles south, 4 miles west of Oberlin.  
Sunday: Sunday School 10am Worship 11 am "The Difference is worth the Distance" facebook.com/LundCovenantChurch

**ST. JOHN'S LUTHERAN CHURCH**  
510 North Wilson  
Interim Pastor: Brad Rick  
SUNDAY: Sunday School and Bible class, 9:45 a.m.; Divine Worship Service, 8:30 a.m.; Holy Communion: 1st and 3rd Sundays..

**FAITH LUTHERAN CHURCH**  
404 North York Avenue  
Oberlin, Kansas  
The Rev. Charlotte Strecker-Baseler  
Church Office Phone: 785-475-2053  
SUNDAY: Worship, 10:00 a.m.; Fellowship and Educational Hour, 11:15 a.m. Holy Communion first and third Sundays. THURSDAY: Women's Bible Study second Thursday at 9:30 a.m.



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