



HOLY SPIRIT RETIREMENT HOME

Celebrating
50
YEARS
1969-2019

1701 West 25th St. Sioux City IA 51103

712-252-2725H6

www.holyspiritretirementhome.com

Third Quarter 2023

During the late 1800s, at the height of the Industrial Revolution in the United States, the average American worked at least 60 hours a week to survive. And despite restrictions in some states, children as young as five years old worked in factories and mills doing the same jobs as adults but earning only a fraction of adult wages. Unsafe working conditions were the order of the day. Labor unions, although still in their infancy, were becoming stronger, more vocal, and more violent. Unions were organizing strikes and rallies to protest long hours and poor working conditions in an effort to compel employers to negotiate.



One of these rallies was destined to become the first Labor Day parade in the United States. On September 5, 1882, the Central Labor Union in New York City, a large organization made up of members from many local unions, held a “workingmen’s holiday.” It began with a parade that included 10,000 people—all taking the day off without pay—and ended with a huge picnic in Wendel’s Elm Park, the largest park in New York City at that time. The afternoon included speeches from union leadership and live music provided by the Jewelers’ Union. Newspapers called it “a day of the people.” Labor Day became a national holiday when Congress passed and President Grover Cleveland signed legislation on June 28, 1894, declaring the holiday to be celebrated on the first Monday in September.

This quarter, **Activities** had the Pixie Pony Tails Petting Zoo, from Onawa, IA come visit us at Holy Spirit. They had a nice variety of farm animals, from a pony, an alpaca, a lamb, a pig, and many goats. The residents enjoyed feeding them and holding some of them, including the baby rabbits. We also had the children from Angel House Preschool join in on the fun and ended the day with some cotton candy, chili dogs, and refreshments to keep us cool.



Many of our residents and families have been able to enjoy some fresh air and sunshine, outside on our patio. When the sun was too strong they would relax under the shade canopy. What a wonderful way to spend their afternoons.



SOUP’S ON

Holy Spirit Retirement Home’s Fall

Soup Supper

October 12 from 4 pm-6pm at Holy Spirit Retirement Home you can enjoy home-made Chili or Chicken Noodle Soup from our very own kitchen staff.

\$12 or a Free Will Donation will get you a bowl of soup, served with your choice of Cinnamon Roll, Cornbread muffin, or French Baguette, a drink, AND a take-home container of soup.

Holy Spirit Retirement Home Development Director, Deb Poss 712-224-9993



Join us for our *Seventh Annual Spirit of Home Fundraiser*

A PREMIER HOLIDAY EVENT!

Spirit of Home for the Holidays

Friday, December 1, 2023 • 5:30PM • Country Celebrations Event Center

Holy Spirit Retirement Home is Siouxland's only non-profit, faith-based retirement community offering nursing care, assisted living, a secure memory care unit and independent living apartments.

WE NEED YOUR SUPPORT!

Platinum Level - Presenting Sponsors

\$5,000
8 seats (full table)
Full page ad in program
Logo on sponsor board
Logo included in PowerPoint
Logo included with all social media and media coverage including invites
(must be secured by 10/30/23 in order to be included on printed invitations)

Silver Level

\$1,000
4 seats
1/4 page ad in program
Logo on sponsor board
Logo included in PowerPoint

Gold Level

\$2,500
8 seats (full table)
1/2 page ad in program
Logo on sponsor board
Logo included in PowerPoint
Logo included with all social media and media coverage including invites
(must be secured by 10/30/23 in order to be included on printed invitations)

Bronze Level

\$500
2 seats
Name printed in program
Name on sponsor board
Name included in PowerPoint

Name: _____ Phone Number: _____

Email: _____

Seats may also be purchased online: www.holyspiritretirementhome.com

Please make checks payable to: Holy Spirit Retirement Home Foundation

Please return this card, and remit in the enclosed envelope with your check.

Sponsorship and Seating Options

Platinum Level - Presenting Sponsors \$5,000 (includes eight seats)

\$ _____

Gold Level \$2,500 (includes eight seats)

\$ _____

Silver Level \$1,000 (includes four seats)

\$ _____

Bronze Level \$500 (includes two seats)

\$ _____

Seats: _____ Person(s) will attend at \$50 per person

\$ _____

Donated Seats: _____ Donated tickets at \$50 each for residents and/or employees to attend.

\$ _____

Donation: We are unable to attend, but please accept our donation.

\$ _____

For Finance Office Use Only: Chk # _____

Enclosed Payment Total \$ _____

Remit to: Holy Spirit Retirement Home Foundation – 1701 W. 25th Street, Sioux City, Iowa 51103

Please RSVP by: October 30, 2023

No paper ticket is necessary. Your reservation will be held at the door.

For more information please call Deb Poss at (712) 224-9993 or visit our website at : www.holyspiritretirementhome.com

We have a few changes in the **Environmental Services Department** to tell you about.

Cherie Carmen has come on as our new laundry person. If there is any laundry that you need marked, please let her know. She'll get your name on it & get it back to you ASAP.

Danny Boyle is our new maintenance man and is off to a great start. With his help, we have been able to get things crossed off our "Honey Do" list faster and respond to resident needs more efficiently.

We look forward to Fall and the new changes happening in our department.

HR CORNER

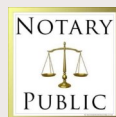
Human Resources is always excited to bring you valuable insights and updates that empower our staff's professional journey. We would like to focus on the fantastic opportunities our staff have to enhance their skills, advance their careers, and drive personal growth-our Tuition Reimbursement Program!

At Holy Spirit, we believe that our employees' growth is synonymous with our organization's growth. This program has been created to assist our staff with expanding their education without the financial burden. As employees advance in their careers through our programs, they gain more skills and knowledge, ultimately leading to better patient care and outcomes.

We have several programs that allow for such growth within our company.

- We can hire an employee as a Resident Care Assistant and pay for the cost of their CNA certification.
- We can hire an employee as CNA and pay for the cost of their CMA certification.

We offer 100% tuition reimbursement for a CNA/CMA to become an LPN, or an LPN to advance to an RN. The best part of this program is... there is no limit to how many times you can use it! You could begin your career as a Resident Care Assistant and stay with us while you grow into an RN. **All with 100% tuition reimbursement.**



Notary services are available throughout the workweek from our Social Services Director, Stacey Quade. Please call 712-224-9985 to set up an appointment with her for your notary needs.

Hello from the business office!

I am excited to tell you that I have recently moved to a new office. I'm now down the west hall next to the 1st floor Nursing station. Please feel free to call or stop in any time you have a question.

Thank you,

Samantha (Sam)



Make sure to Like our FB page.

There are always amazing things happening here at Holy Spirit

Retirement Home. If you have any happenings that you'd like posted, please contact Deb Poss at 712-224-9993.

New Hair Stylist

We welcome Debbie Elgert as our new hair stylist at Holy Spirit. She has been a stylist for over 32 years & has her own salon in Sioux City. Beginning Monday 9/11 she will be taking appointments.

Her regular hours here will be:

Monday 12pm-5pm

Wednesday 12 pm—5pm

Thursday 8 am-12 pm



Services she will be providing are men's & women's haircuts, colors, perms, shampoos, styles, eyebrow, lip & chin waxing, nail clipping & manicures.

Call her cell at 712-203-0752 or the Holy Spirit Salon at 712-224-7861 to make an appointment.

Welcome Fall and everything that comes with it, unfortunately including influenza. Influenza (flu) can be a serious illness, especially for older adults. People 65 years and older are at higher risk of developing serious complications from flu, compared with young, healthy adults. This risk is due in part to changes in immune defenses with increasing age. While flu seasons vary in severity, during most seasons people 65 years and older bear the greatest burden of severe flu disease. In recent years, it's estimated that between 70 percent and 85 percent of seasonal flu-related deaths in the United States occur among people 65 years and older, and between about 50 percent and 70 percent of seasonal flu-related hospitalizations have occurred among people in this age group.

An annual flu vaccine is the best way to reduce your risk of flu and its potentially serious consequences. While flu vaccine can vary in how well it works, vaccination is the best way to prevent flu and its potentially serious complications. Flu vaccination has been shown to reduce the risk of flu illness and more serious flu outcomes that can result in hospitalization or even death in older people. While some people who get vaccinated may still get sick, flu vaccination has been shown in several studies to reduce severity of illness in those people.

Flu vaccines will be available to all residents and staff in late September/early October. We strongly encourage all residents and staff to receive one. We will also be offering a Covid booster vaccine to all residents and staff wishing to receive one as soon as they are available.

National Assisted Living Week 2023

September 10th - 16th

Pajama Day & Coffee Day		11th
Sports Day & Pizza Day		12th
Miss Match Day & LifeSaver Day		13th
Twin Day & Waffle Bar Day		14th
Holy Spirit Day & Sweet Treats		15th

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Outpatient Rehabilitation Physical, Occupational, Speech Therapies

Physical Therapy

Post operative return to function
Orthopedic injury treatment
Therapeutic strengthening training
Ambulation, mobility and transfer training
Balance and fall prevention

Occupational Therapy

Upper body function training
Injury and post operative hand therapy
Self care and dressing training
Adaptive technique and equipment training
Wheel chair fitting and positioning

Speech Therapy

Assessment and treatment of communication disorders
Swallowing evaluations and treatment
Cognitive retraining
Verbal and auditory processing assessment and therapy

Contact Krista Pridie at 712-224-7856 or KristaP@holyspiritretirementhome.com