

SPECIAL POINTS OF INTEREST:

-
- See the variety of activities at Holy Spirit!
- January and February's activity calendars.
- Upcoming birth-days and events.



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Here's to a New Year!



Holy Spirit 2020-2021 Annual Appeal

Please help us to reach our \$40,000 Goal!

The Annual Appeal supports projects that positively impact our residents' lives, including this 2020-2021 Impact Project.



Holy Spirit Shuttle Bus for transporting our wonderful residents back and forth to all of their appointments and adventures.

Especially with this year's COVID-19 pandemic; we wish to continue to improve and add to the quality of life for our residents that have found themselves more isolated than ever before.

Will you help us improve the quality of life for our residents?

Detach at above line

In memory/honor of: _____

Name: _____

Address: _____

City: _____ Zip: _____

Phone Number: _____

Email Address: _____

Questions? Contact Deb Poss, Director of Marketing & Development

dposs@holyspiritretirementhome.com or (712) 224-9993

Thank you for your generosity!

Make Checks payable to "Holy Spirit Retirement Home Foundation"

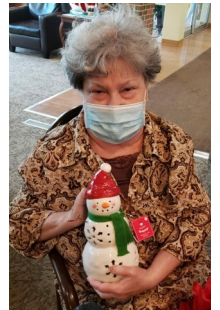
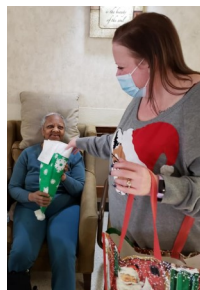
A Very Merry Christmas!




bliss







REJOICE!



January 2021							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
 HOLY SPIRIT RETIREMENT HOME Sunday							
** Schedule Subject to Change. Activity Director: Jessica Strickler	9:30am Sensory 2M 11:15 am Fitness Group (M-F) 2nd M 3:00 pm Fitness Group (M-F) 1st M				1 New Years Day 11:15am- Televised Mass-Ch 15 *New Year's Photo Booth	2 11:15am- Televised Mass-Ch 15 *Popcorn <i>Family Time</i>	
3 11:15am- Televised Mass-Ch 15 <i>Family Time</i>	4 11:15am- Televised Mass-Ch 15 *Winter Craft	5 11:15am- Televised Mass-Ch 15 *Bingo	6 11:15am- Televised Mass-Ch 15 *Piano Lady	7 11:15am- Televised Mass-Ch 15 *Protestant Worship *Snowy Tree Art	8 11:15am- Televised Mass-Ch 15 *Winter Activity	9 11:15am- Televised Mass-Ch 15 *Nail Painting <i>Family Time</i>	
10 11:15am- Televised Mass-Ch 15 <i>Family Time</i>	11 11:15am- Televised Mass-Ch 15 *Penguin Craft	12 11:15am- Televised Mass-Ch 15 *Bingo	13 11:15am- Televised Mass-Ch 15 *January B-Day Celebration	14 11:15am- Televised Mass-Ch 15 *Popcorn *Protestant Worship	15 11:15am- Televised Mass-Ch 15 *Winter color pages	16 11:15am- Televised Mass-Ch 15 *Staff Choice <i>Family Time</i>	
17 11:15am- Televised Mass-Ch 15 <i>Family Time</i>	18 11:15am- Televised Mass-Ch 15 *Martin Luther King Jr. Facts	19 11:15am- Televised Mass-Ch 15 *Bingo	20 11:15am- Televised Mass-Ch 15 *Noodle Ball	21 11:15am- Televised Mass-Ch 15 *Reminiscing Time	22 11:15am- Televised Mass-Ch 15 *Happy Hour	23 11:15am- Televised Mass-Ch 15 *Chat & Treats <i>Family Time</i>	
24 <i>Family Time</i> 31 <i>Family Time</i>	25 11:15am- Televised Mass-Ch 15 *Resident Council	26 11:15am- Televised Mass-Ch 15 *Bingo	27 11:15am- Televised Mass-Ch 15 *Indoor Snowball Fight	28 11:15am- Televised Mass-Ch 15 *Popcorn	29 11:15am- Televised Mass-Ch 15 *Craft Corner	30 11:15am- Televised Mass-Ch 15 *Cranium Crunches <i>Family Time</i>	



February 2021

	February 2021						**Schedule Subject to Change
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
1 11:15am– Televised Mass– Ch 15 *Groundhog Day Activity Activity Director: Jessica Strickler 712-224-9991	2 Groundhog Day 11:15am– Televised Mass– Ch 15 *Bingo	3 11:15am– Televised Mass– Ch 15 *February B-Day Celebration	4 11:15am– Televised Mass– Ch 15 *Music & Memories	5 11:15am– Televised Mass– Ch 15 *National Bubble Gum Day Activity	6 11:15am– Televised Mass– Ch 15 *Pampering Time Family Time/Act. Box		
7 11:15am– Televised Mass– Ch 15 Family Time/Act. Box	8 11:15am– Televised Mass– Ch 15 *National Iowa Day Facts	9 11:15am– Televised Mass– Ch 15 *Bingo	10 11:15am– Televised Mass– Ch 15 *Valentines Day Activity	11 11:15am– Televised Mass– Ch 15 *Popcorn	12 11:15am– Televised Mass– Ch 15 *Valentine’s Party	13 11:15am– Televised Mass– Ch 15 *Brain Crunches Family Time/Act. Box	
14 Valentines Day 11:15am– Televised Mass– Ch 15 Family Time/Act. Box	15 11:15am– Televised Mass– Ch 15 *President’s Day Activity	16 11:15am– Televised Mass– Ch 15 *Bingo	17 Ash Wednesday 11:15am– Televised Mass– Ch 15 *Mardi Gras Party	18 11:15am– Televised Mass– Ch 15 *Happy Hour	19 11:15am– Televised Mass– Ch 15 *Hand writing	20 11:15am– Televised Mass– Ch 15 *Nail Painting Family Time/ Act. Box	
21 11:15am– Televised Mass– Ch 15 Family Time/Act. Box	22 11:15am– Televised Mass– Ch 15 *Resident Council	23 11:15am– Televised Mass– Ch 15 *Bingo	24 11:15am– Televised Mass– Ch 15 *Tortilla chip day	25 11:15am– Televised Mass– Ch 15 *Popcorn	26 11:15am– Televised Mass– Ch 15 *Deer Hunt	27 11:15am– Televised Mass– Ch 15 *Trivia Family Time/Act. Box	
28 11:15am– Televised Mass– Ch 15 Family Time/ Act. Box	 9:30 am Sensory 2M 11:15 am Fitness Group (M-F) 2nd M 3:00 pm Fitness Group (M-F) 1st M						

Are you ready for the Covid 19 Vaccine?

There is encouraging news about the Covid 19 vaccines. Some people however, are hesitant to get it because they have concerns with its safety, the speed of its development and the approval. In this regard, the Catholic Bishops of Iowa did their research and they found out that the speed is due to scientific advances. On minor side effects, they said it is not uncommon to experience those minor side effects after being vaccinated. People may feel temporarily uncomfortable, but the benefits from the vaccine exceed any burden.

The bishops have said that people may in good conscience use the vaccines produced by Pfizer and Moderna which made only limited use of some unethical cells for lab testing of the vaccine. They concluded their statement by stating that the common good of public health takes precedence over any reservation about being treated with the vaccine.

I hope the voice of the bishops will help us as we decide whether to take the vaccine or not.

Reminders:

- ◇ **Foot Pedals:** Before pushing a resident in a wheelchair, you must make sure their feet are on the foot pedals. **It's the law.** Don't move residents without them. You can find pedals on the back of the residents' wheelchair or in their room.
- ◇ **Labeling Resident Clothing:** When bringing in resident clothing, please make sure resident clothing is marked clearly. Your cooperation is very much appreciated in this matter.
- ◇ **Food for Residents:** If bringing in food for your family member, please make sure it is a sealed container and refrigerated if needed this will help maintain the cleanliness of resident rooms.
- ◇ **Holiday Reminders:** The Dept. of Health and Human Services and the Fire Marshall give us special regulations for the residents' protection. The following items are NOT ALLOWED in

resident rooms:

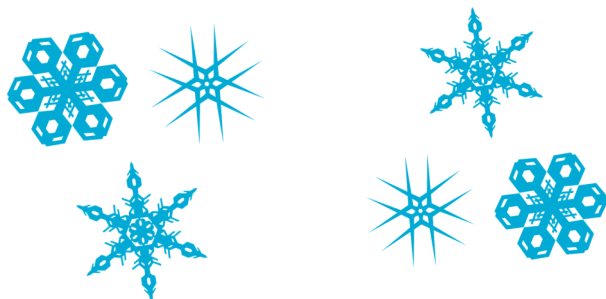
- ◇ Lit Candles
- ◇ Candle Warmers
- ◇ Electric Heating Pads and Blankets
- ◇ Extension Cords and Power Strips
- ◇ Plug-in Air Fresheners
- ◇ Matches and Lighters
- ◇ Live Greenery: Wreaths and Trees
- ◇ Only one Small Item on Resident Doors

Please help us comply with these regulations.

- ◇ **Personal Possessions:** When a resident of Holy Spirit is discharged from our community, it is our request that their personal artifacts be removed within 24 hours of discharge. Due to high demand of rooms we are needing to pursue with rapid room turn over in preparation for new admissions, In addition, we will no longer be able to accept items for donation such as clothing, shoes, etc. Please contact one of Sioux City's local donation sites which are currently accepting various items. Thank you for your cooperation.

Service Club Wish List:

- Storage totes with lids
- Stuffed animals (big and little)
- Bingo prizes (wrapped snacks, room sprays, lotions, men/women cologne, non slip socks, word puzzle books, small portable radios, colored card stock)



Holy Spirit's Residents Birthdays



January

Kay Hansen	8th
Harold McArthur	12th
Marilyn Dermit	26th
Debbie Kappes	26th
Donald Norby	29th

February

Rhonda Weick	2nd
Mary Hansen	6th
Clair Holmberg	6th
Alexandra Sprague	17th
Wayne Harrison	22nd

We want to thank all who have blessed us with their kindness this holiday season!

Thank You!



Above: A few angels from the Holy Cross Church delivering gifts for residents!

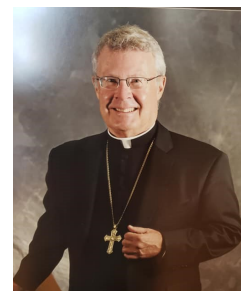
Below: A wonderful lady from Beta Sigma Phi, Xi Eta Chapter brings gifts for residents from her group!



Left: Our local Hy-Vee treating our staff to some Xmas treats!



Above/Below: Our administrator helping pass out the Wonderful lunch to employees, from Bishop Walker Nickless!





Holy Spirit Retirement Home, Inc.
1701 W. 25th St.
Sioux City IA 51103-1799

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SIOUX CITY IA

Classic Chili

Ingredients:

- 1 1/2 lbs. lean ground beef
- 1 onion chopped
- 1 small green bell pepper chopped
- 2 garlic loves minced
- 2 16oz cans red kidney beans rinsed
- 2 14 1/2oz cans diced tomatoes
- 2-3 TBS chili powder
- 1 teaspoon salt
- 1 teaspoon pepper
- 1 teaspoon ground cumin



Step 1:

Cook the first 4 ingredients in a large skillet over med-high heat, stirring until beef crumbles and is no longer pink: drain. Place mixture in 5-quart slow cooker: stir in beans and remaining ingredients. Cook at high 3-4 hours or at low 5-6 hours.

Step 2:

Notes: If you want to thicken this saucy chili, stir in finely crushed saltine crackers until the desired thickness is achieved.