Jenkins News

JENKINS LIVING CENTER, INC.
Meeting Physical, Social and Spiritual Needs With Comfort and Dignity

January 2023 | "A Mission of Tradition" | Watertown, SD 57201

Merry Christmas and Happy New Year!

We were twice as nice, therefore we had twice the Santas, actually four Santas in all! We have had some wonderful parties and celebrations, generous gift-givers and are looking to 2023 with a renewed sense of hope! Enjoy these colorful pages of LIVING at Jenkins Living Center!

We provide, home, hope and health to all who need us!

Join us in our mission! To learn more, contact Kristi at 605-886-1444 or kristig@jenkinslivingcenter.com.

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Mission of Tradition

As this article is being written, we are currently blessed with 89 beautiful humans that we are privileged & honored to be caring for, laughing with and living each and every day with. To share in their lives is one of the greatest gifts **they give** our staff. Oh the stories we hear, the games we play & the meals we share are amazing blessings.

While long-term care is struggling, we like to think that Jenkins will weather this storm and come out better than ever, starting in 2023!

By 2030, it is estimated there will be nearly 1 billion people worldwide that are 65 or older, and more than 1.5 billion by 2050. With these staggering numbers we are going to need more staff, more volunteers and more financial resources from both the government and donors like you, our readers.

I truly believe we can do this because the Watertown area is very special and what happens inside these doors is incredibly special!

Hope to see you, hear from you and welcome you in our journey of continuing this **MISSION of TRADITION**

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Find us at Jenkins Living Center Page for more fun & photos!

A TIME OF TRANSITION

After retiring from the Jenkins organization in December 2021, I never thought I would have the opportunity again to work with the residents, apartment tenants, and staff of this great organization. But life takes some interesting twists at times! Scott Gloe, who followed me as Pres/CEO and served Jenkins for 20 years, had another career opportunity offered to him that he wanted to pursue, so I was asked by the Jenkins Board of Directors to serve in an interim capacity until a new leader is found. I commend Scott for all of his many talents and contributions to the success of Jenkins over the years, and I assure you that he is missed.

A search is currently underway for the next President/CEO of the organization, so our hope is that the position will be filled in the coming weeks. Jenkins has reached a transition point – both with the upcoming change of leadership, and with the extreme challenges facing long term care as we try to find our way in a post-COVID world. Unfortunately, the negative impact of COVID on our state's nursing homes has been profound, with 16 facilities having closed within the past 5 years. Sadly, there will likely be more closures in the coming months as facilities struggle with low Medicaid reimbursement rates and staffing challenges. In South Dakota, our Governor and lawmakers recognize a need to enhance the state's payment to care for Medicaid beneficiaries who are housed in community nursing homes, and I'm confident they will do whatever is possible during the current legislative session to put our facilities on more firm financial footing.

We all deal with challenges in our lives, but we can never lose sight of the fact that God is with us through them all. When I look at the joy on the faces of the nursing home residents and apartment tenants that are featured in this edition of our newsletter, it brings me back to the reality that people are more important than politics or policies, and we can still find great fulfillment in serving others. At Jenkins, we have an amazing staff that attend to the needs of our residents and tenants every day of the year. The issue we face today is how to attract quality workers to this vital profession of caring for others. It takes special people to answer the call, but we know they're out there – and the people we care for need them desperately.

As we begin a new year, I want to encourage all of you to put your troubles, questions, and worries in God's hands. He loves you so much that He sent His Son to die for you, so you can be assured that He can provide all the courage and strength you need to live in a troubled world. Let's pray that 2023 will be a year of renewal in our lives as we put our faith and trust in the Lord Jesus Christ!

Loren Diekman, Interim Pres/CEO

Pastor Scott Dempster – Chaplain for Jenkins Living Center & Pastor for Bread of Life Ministries

"Prayer on the Bus"

"I like to ride the city bus downtown. It's plenty fast for me, and I don't have to pay for parking. When you take public transportation, you have a chance to observe people. The way they hop on the bus or labor up the two steps gives me a clue as to how their day is going. Some people greet the driver with a cheery "Good morning!" Others look steely eyed, daring the world to require something of them.

On the bus I have seen many people that appear crushed in spirit. Just getting where they need to go seems a heavy burden. Not knowing their individual stories, I pray for everyone on the bus collectively: that they will be safe and their day filled with light, grace, and God's mercy. I offer smiles to all and a "Thank you. Have a good day!" to the driver. I know God loves each of the people I encounter. Perhaps He is asking me to be His helpmate in raising crushed spirits."

Jennifer Christ Living Faith Daily Catholic Devotions December 13th 2022

When I was still serving with Prairie Lakes Hospice, a new friend at the old Golden Living Center would begin each day with a devotion from Living Faith. In a short time I found it so enriching that Barb and I began our own subscription. That must be almost 10 years ago now. And Jennifer Christ has been one of the writer's I look forward to hearing from. Humble and gentle and seeking to be compassionate as the Lord leads her.

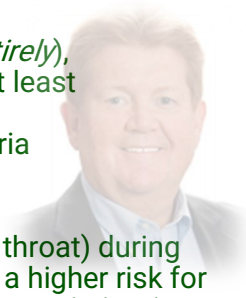
This one is from this morning and found this to be much like life here at Jenkins. Life on the bus, prayers on the bus. Our staff working hard, going home tired to their own families, but here so that they might offer smiles to those who are weary, strength to those who have little remaining, and hope. Hope not as a wish, but as living hope that believes that no matter what each day brings, the journey is sure. The destination, is a life well lived, love and kindnesses shared, as we each grow a little older, Lord willing a little wiser, and each day a little closer to the best that is yet to come.

This place, this Jenkins Living Center, is a mission, a family of faith, a place where I see the Lord's presence every day. As we are blessed to care for the folks He entrusts to us, they teach us courage and strength and what faith looks like when times are hard and life as we once knew it has changed forever.

One day, it will be our time to be cared for. I am a boomer (my generation) and we are all growing older and closer each day to crossing over from the caring to the cared for. We are going to need places like this. And, people like us. Won't you please come and join us? We are a Home and a family. ***Here, you can give yourself away, and become rich.***

*****Living Faith Daily Devotions" is also provided by Holy Name of Jesus Parish here in Watertown***

Doc, Why Am I so Tired All the Time?



Obstructive sleep apnea (OSA) is a disorder characterized by **apnea** (breathing *stops entirely*), **hypopnea** (10 seconds or more of *shallow breathing* in which a person's airflow drops by at least 30%) and/or **RERAs** (respiratory effort related arousals). RERA is a breathing disorder characterized by obstructive upper airway airflow reduction (which does not meet the criteria of apnea or hypopnea) associated with increased respiratory effort that causes patients to "wake up" during sleep. Here, I am mainly going to talk about apnea and hypopnea.

All of these issues are due to a partial collapse of the upper airway (i.e., the back of your throat) during sleep. Approximately 15 to 30% of males and 5 to 15% of females have OSA. People are at a higher risk for OSA if they are: Older age, male, obese and have certain craniofacial and upper airway characteristics, i.e., the way God made you. Other risk factors include smoking, family history of snoring or OSA, and nasal congestion. OSA is also more common with certain medical conditions such as pregnancy, end-stage kidney disease, congestive heart failure, chronic lung disease, type 2 diabetes mellitus, and stroke.
Frequently I find the person with OSA either because they complain of being fatigued/tired or their bed partner reports loud snoring, gasping, choking, snorting or interruptions in breathing while sleeping. I usually tell people that there are two kinds of snoring: Crescendo/decrescendo snoring that can be annoying but quite often is not truly OSA; and true OSA where the person gasps for air like they are choking. Less common symptoms include feeling tired even after good night's sleep, restlessness while sleeping, morning headaches, not being able to stay asleep once they get to sleep, and nocturia (getting up to go the bathroom at night).

Someone with OSA will often have a neck size of 17+ inches for a male and 16+ for a female. This neck size puts someone at a high risk of OSA but does not guarantee that they have OSA. Some patients of mine are not overweight or obese and yet have obstructive sleep apnea, so this correlation is not always a given. Patients may also appear with "cloudy" thinking, mood changes, erectile dysfunction, hypertension and pulmonary hypertension (high blood pressure in your lungs which you will not even realize is occurring). Next time we will talk about testing and treatment options.

Stay warm and see you in the spring!

Aaron Shives, MD, CMD

Before

Before

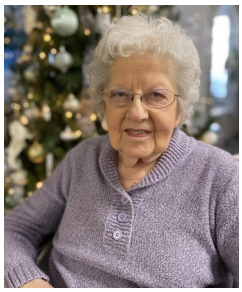
Mary Make-Over Day!

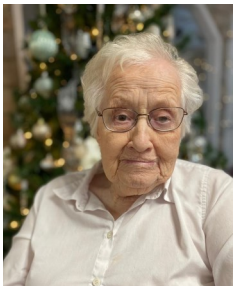
Thanks to a generous giftfrom the Family of Mary Moses we decided to recognize the donation with a Mary Make-Over Day complete with hand/arm massages, make up and hair styles! The generous donation will assist residents that may not have the resources to have their hair done.

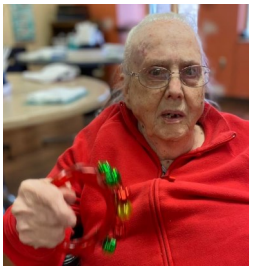
If you would like to make a donation to help us with fun events like this, please call Kristi at 605-886-1444. Thank you.

After

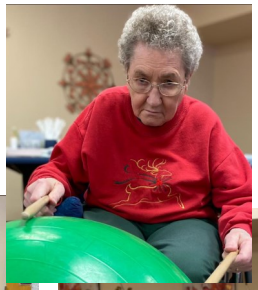
After

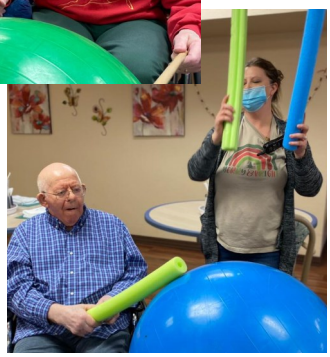






Cardio Drumming to Little Drummer Boy!





Happy New Year Happy Hour

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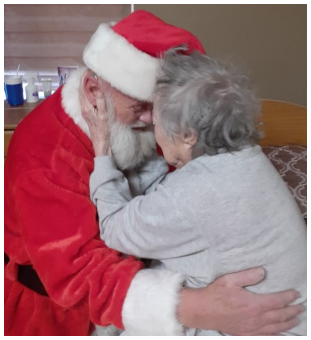

Merry Christmas!

Lutefisk—-Yum!
or ***Yum?***

Look what Santa brought me!

THANK YOU TO THESE DONORS

FLOWERS
Family of Family of Shirley Bisgard
Family of Twyla Gjerde
Family of Jennifer Kittelson
Family of Stan Urban
Family of Arlene Luken
Family of Michael Witham
Family of Bryan Goens
Lynn Aman in memory of Laverne Cordell
Elks Club poinsettias
Family of Don Haag

64TH Anniversary
Marlys Fie

ACTIVITIES
Joan Kittelson in memory of Jennifer Kittelson
Gloria VanDykhorst
Nelda Popham
Hitchcock Methodist Women
Marsha Kapp
Greg Spanton in honor of Betty Spanton

Halloween Candy
Kaiser Well Drilling
Marles & Mark Walder
Dean Jacobson & Kit Jacobson
Laurie Griepp
Char Souter
Holy Rosary Ladies, Kranzburg
Stan & Jan Winkels
Harlan Hagen
Elaine Heim
Duane & Deanna Bullis
Darla Becking
Penny Fisher
Darrel & Joan King
Gloria Anderson
Jeff Dahl
Deanna Simonton
Paula Maloney
Patsy Gebhart

CHAPLAIN SERVICES
Joan Kittelson in memory of Jennifer Kittelson

REHAB EQUIPMENT
Dee Janes
Theresa Endres
Donna Stickney

FURNITURE
Family of Shirley Bisgard
Family of Ruth Brown

SALON SERVICES
Family of Mary Moses(Cindy Mydland)

GENERAL FUND
In memory of Jennifer Kittelson by Harvey & Doris Bue
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Stan & Jan Winkels in memory of Chuck Winkels and Larry Turbak
Scott and Kristi Gloe in memory of Chuck Winkels and Robert Campbell

Dave & Corolyn Edison in memory of Roylene DeVille

FOUNDATION
Marv & AJ
Messer Family Foundation

'Twas The Time Before a New Year Campaign
Lee Schull

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Bud Drayer in memory of Verlyn Drayer
Eide Bailly
Drayer Family Trust - Deb Waldner, Greg Waldner, Nancy Ufken, Stephanie Courington

Richard Fuller
Fr. Jerome Holtzman and in honor of his sister, Janet Beattie

David & Rosie Klatt in memory of Edmund Klatt
Dean & Diane Johnson in honor of all JLC Employees
Neiland & Bonita Nelson
Clea Urevig in memory of Elizabeth (Tud) Stormo
Don & Diane Brosz
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David & Christa Rivers in memory of Aggie Johnson
Danielle Holmquist-Holida in memory of Margaret Holmquist

Perry & Shelly Forst in memory of Gene & Doris Knadle

Gray Construction in memory of Laverne C. Brownell
Michael & Sharmell Murphy
Evelynne Vrchota in memory of John Vrchota and Ivien Larson

Vicky Wilkey in memory of Vic & Lois Wilkey and Emma Mitchell

Marcia Schneider in memory of Harvey Schneider
Jeri Saylor in memory of Margaret Saylor
Ruth Coplan in memory of Gene Coplan
Marilyn Randall
Stanley Bauman
Don & Judy Heim in memory of Florence Radtke
Tom Linngren in honor of Violetta Severson and in memory of Dave & Patti Linngren

Marv & AJ Sherrill
Mike & JoDee Kluck in memory of Doug & Toie Kluck
Larry Kellogg in memory of Shorty & Dorothy Kellogg

Dick & Robbie Jurgens
Rita Imm in memory of Al Imm
Ed & Laurie Painter
Dockter's Electric
Jerry & Lynda Town in honor of Doris Town
Jonnie DeKam
Anonymous Donor

Our Family...

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Bonita Nelson
Charles Dorothy
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Sidney Scotting
Kathy Scotting
Randy Rodell
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Frances Schafer
Jackie Froke
Barbara Thompson-Bockes
Helen Gisselbeck
Shirley Cates
Dora Vaske
Jeannette Kommes
Judy Hagen
Robert "Bob" Schulz
Helen Gruba
Neva Morrison
Terry Young

In Loving Memory
Jennifer Kittelson
Stan Urban
Sr. Jeane Giese
Roylene DeVille
Bev Torgerson
Nancy Christensen
Ruth Brown
Carl "Tuffy" Gisselbeck

The Stockings were hung.....

Meet Jane Boettcher

Marilyn "Jane" (Linneman) Boettcher was born on July 19, 1929 to George & Josephine (Loneman) Linneman. She had six siblings and she and her brother Don, Estelline, SD are the only living children. She, as did all of her siblings, worked on the farm doing all of the necessary chores. She said she didn't mind them much except for when she would get kicked by the cows when she was milking them. She didn't have pants so would have to wear one of her brother's along with a rope belt to keep them up as she had, and still has, a very thin figure. But she had a soft spot for all of the animals as she thought of them as pets. She also helped her mother much of the time with upkeep of the home. Her oldest sister primarily lived at a neighbor's house helping with their needs. Jane said the family only traveled to Watertown twice a year to shop for clothes and shoes because money was tight with seven kids. They shared one bike between them and believes she was the only one who rode it. She even recalls riding to Dempster, about a mile away, to get a few groceries for Mom.

For Christmas, the family would attend midnight mass and when they returned home, even though it was well past their bed times, they would get home and enjoy the home-made fruitcake her mother would make. And on Christmas day they would wake to open their one present. Jane recalls a very special gift that was a hat with a hood and long pom poms. She just loved that hat.

Jane met her "hubby" at Koepke's Café in Estelline. She recalls sitting in a booth with her girlfriends when this handsome young "Army Guy" came up to her and sat beside her. Jane sure thought he was good looking. They sat and shared popcorn and the rest was history. Her dad wasn't so sure, so the day after Jane told her parents about him, her dad was gone all day. She suspected he was checking up on Arnold, and her suspicions proved true. Low and behold, her parents adored Arnold and was very good to them. Arnold even helped install a bathroom in the family home, and until that time, they hadn't had running water. Together they have four children Bob(dec), Dick, Pat and Steve.

The Proposal—Jane and Arnold were on their way to church one Sunday morning when he asked her for old ring on her finger. She asked why he would want that old thing and he replied, "Well if we are getting married, I'm going to need your ring size." She was completely surprised but thrilled to say yes. She wore a beautiful two piece dress and jacket and they were married on beautiful May Day 1948 in the Catholic Church in Estelline.

Arnold worked at the grain elevator in Bruce while Jane worked several jobs, including the theatres in both Brookings and Watertown, Cleopatra's, and other places in Watertown but was always home with something freshly baked when the children returned from school. Later on in life, as Arnold was diagnosed with cancer, she even painted a motel RED and GREEN in Rochester, Minnesota during one summer. She had worked out a deal to be paid for the painting services so they could stay their during Arnold's treatment. They loved to dance, especially the waltz. Arnold passed at the age of 71 in 1996. They are blessed with a large family to include 11 grandchildren, 29 great grandchildren and 6 great, great grandchildren.

Jane was grateful to have met Frank Barthel after he kept asking her for years if she would have a cup of coffee with him. They spent time together going to auction and estate sales where Jane would see the potential in items, fix them up and paint them, and then re-sell for a profit. She just loved this hobby. We love having you in our Jenkins Family!

Happy Birthday To Thee:

January
6.....Lois Cotten
15.....Dea Thorn *104
21.....John Mendenhall

February
2....Lorraine Rittman
4....Peggy Synegard
7....Arlene Kannas
14....Merle Peterson
19....Ruth Schwandt
21....Gordon Teeters
22....Merlyn Wookey
23...Doris Kalahar
28....Kenny Ragels

MARCH
2...Andrew Majusiak
4...Norma MacArthur
22...Mary Kuyper
23...Yvonne Logan
25....Bonita Nelson

Jenkins Living Center News
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Providing Home, Hope and Health to this Community!

I understand **Jenkins is a NON-PROFIT** and needs my help.

~I want to offer a gift in the amount of $_____.
~A monthly gift in the amount of $_____/month.
~An annual gift of $_____, with $_____ each month.
____I would like someone to help me with my giving option.
Please call me at 1(____) _____ for assistance with donations.

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Address _____

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Phone_____ Email _____

In **MEMORY** of _____

In **HONOR** of _____

Please send acknowledgment to: _____

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