



BARTHELL EASTERN STAR HOME

JANUARY NEWSLETTER

JANUARY - ISSUE #1

Meet our Activities Director!!

Here at Eastern Star, we are always hosting a variety of events and having volunteers come through to keep our residents entertained, educated, and up to date, and it's all thanks to our excellent Activities Director Crystal Muchow – pronounced Mo-Ker – who started here at Eastern Star Home back in September of 2023!

“I have been the Activity Director here since 2023, but before that I was the Activity Director at the Great River Care Center in McGregor, where I also worked as a CNA. I grew up in New Albin and currently reside outside Luana with my husband Derek.”

“I have 3 daughters; Madyson (21), Haylie (18), and Jayden (16), as well as two stepchildren; Dakota (25) and Jr (19).”





Upcoming Events

- ✦ 5TH @ 2PM: TOUCH OF BRASS
- ✦ 6TH @ 2PM: LARRY REIS - DESERT BIRDS
- ✦ 7TH @ 10AM: TIM THE MUSIC MAN
- ✦ 15TH @ 1:30PM: HANSON'S SING-A-LONG
- ✦ 17TH @ 2PM: CURT & LINDA GJERE
- ✦ 20TH @ 2PM: DAVID POGEEKLASS
- ✦ 24TH @ 2PM: MUSE HOUR W/LINDA MARTIN
- ✦ 29TH @ 2:45PM: FACIALS/HAND MASSAGES W/OLGA MICHAELS



Church Services:

- ✦ 2ND @ 11AM: FIRST LUTHERAN CHURCH
- ✦ 8TH @ 10AM: GOOD SHEPARD CHURCH
- ✦ 15TH @ 3:30PM: CATHOLIC
- ✦ 22ND @ 11AM: ZION LUTHERAN CHURCH

*CATHOLIC COMMUNION ON SUNDAYS DEPENDING ON AVAILABILITY

**ACTIVITIES SUBJECT TO CHANGE WITHOUT NOTICE AT ANY TIME





January Celebrity Birthdays:

Those born between January 1–19 are Capricorns, the Sea Goat. Capricorn is the most stable and serious sign of the zodiac. Reliable, resourceful, and determined, Capricorns make excellent leaders and managers. Those born between January 20–31 are Aquarius, the Water Bearer. Witty, clever, and honest, they desire independence and aren't afraid to deviate from the crowd to pursue their own interests.

Diane Keaton – January 5, 1946
Zora Neale Hurston – January 7, 1891
Elvis Presley – January 8, 1935
Vidal Sassoon – January 17, 1928
Edgar Allan Poe – January 19, 1809
Wayne Gretzky – January 26, 1961
Oprah Winfrey – January 29, 1954
Gene Hackman – January 30, 1930



RESERVING SPACES:

TO RESERVE A SPACE, CONTACT CRYSTAL AT 563-382-8787 MONDAY-FRIDAY 8AM-4PM, OR EMAIL AT CMUCHOW@EASTSTARDEC.COM.

A LIST OF RULES AND EXPECTATIONS IS ON THE ACTIVITY ROOM REFRIGERATOR AND ONE CAN BE EMAILED TO YOU AT THE TIME OF RESERVATION!



STAFF BIRTHDAYS:

10TH -- ALI BISHOP --
D.O.N

11TH -- TONYA SPARROW
-- BUSINESS OFFICE
MANAGER

11TH -- MEGAN
PROTSMAN -- ACTIVITIES
ASSISTANT

25TH -- MIA FRENCH --
RN

STAFF ANNIVERSARIES:

DEB – LPN – 1 YEAR

DARCY – CNA – 1 YEAR

ANDREA –
HOUSEKEEPING – 6
YEARS

ELISABETH – AL
ATTENDANT – 1 YEAR

AS A PRIVATE PAY
FACILITY WE ARE
APPRECIATIVE OF ANY
AND ALL DONATIONS WE
RECEIVE.

HOWARD AND KIM
HABERS

THANK YOU!



Did you catch us in the Decorah Holiday Parade?



REMINDER POST-HOLIDAYS!

While we enjoy seeing all of our residents family members, friends, and loved ones, we give a gentle reminder that if you are feeling sick or under the weather we ask that you stay home!

Our resident's health and safety is our main priority, and with the coldest part of the year approaching we want to make sure that we are keeping sickness at bay! We appreciate your cooperation and understanding!



Brain-Bending Fun

January, International Brainteaser Month, might be a challenging month. There are brainteasers for every taste.

Wordsmiths enjoy crosswords, word jumbles, and acrostics. Mathematicians enjoy sudoku and kakuro. Riddles, logic puzzles, tangrams, ciphers, and even good old-fashioned Rubik's Cubes keep our minds sharp.

Just as exercise is healthy for the body, brainteasers are healthy for the brain. Flex your gray matter by answering some of these:

1. A man stands on one side of a river, his dog on the other. The man calls his dog, who immediately crosses the river without getting wet and without using a bridge or a boat. How did the dog do it?
2. In 1990, a person is 15 years old. In 1995, that same person is 10 years old. How could this be?
3. Before Mount Everest was discovered, what was the highest mountain in the world?

Answers at the bottom of the page!

Message from Maintenance:

Things to keep in mind when moving in your loved ones furniture and belongings:

- No electrical appliances are allowed unless approved by the Administrator (heating pads, coffeepots, space heaters, etc.)
- Extension chords are not allowed as they are a hazardous risk, and surge protectors are only allowed for TV's and computers.
- We encourage decorating the rooms to feel like home, and our maintenance team is here to help, all you have to do is ask!

Answers: 1. He walked; the river is frozen. 2. The person was born in 2005 BC. 3. Mount Everest; it was the highest mountain even before it was discovered.