THE STAR NEWS

NOVEMBER 2026

TENANT SPOTLIGHT

Meet Mary Jane Maly!

I was born in Waukon. I had 3 brothers. We enjoyed our Grandmothers German cooking & our Mothers Irish cooking.

After high school I went to college for Cosmetology & taught in Cedar Rapids then at NICC for 20 years.

I met my husband in Cedar Rapids and together we had a son Lance who passed at age 50 of brain cancer & a daughter Michelle. We later seperated. I am blessed with 4 grandchildren.

In my life I enjoyed traveling to Ireland, England & Hawaii.

I've volunteered at the WinnMed Gift Shop & was on the Auxillary Board

Mary Jane is fairly new to Arlin Falck and would describe herself as fun, likes to work and is involved in projects

Thanksgiving Reservations

If you or your family is planning on reserving a space for Thanksgiving, Reservations need to be made with Crystal by November 20th

ENTERTAINMENT

2nd: Tim the Music Man @ 10am &
Dave Poggenklass @ 3pm
4th: RSVP Singers @ AL @ 2:30pm
5th: Bill & Carolyn Tillman @ 2pm
7th: Charlie Warner @ 2pm
10th: Hillbilly Ray @ 2pm
11th: Karaoke w/The Hanson's @ 1:30pm
13th: Curt & Linda Gjere @ 2pm
19th: Muse Hour @ 2pm
20th: Betty Lynch "Algific Slopes" - AL @ 2pm
21st: George Christianson @ 2pm
23rd: Kent Larson @ 2pm
24th: Coffee w/Law Enforcement @ 2pm
27th: Gary Froiland @ 2pm

Church Services

4th: First Lutheran @ 11am
8th: Catholic Communion @ 11am
11th: Good Shepherd @ 10am
18th: Decorah Lutheran @ 11am
19th: Catholic Mass @ 3:30pm
22nd: Catholic Communion @ 11am
25th: Zion Lutheran @ 11am

November Birthdays!

14th-Barb Jensen

21st-Will Bunge

24th-Richard Cole

Staff November Birthdays!

8th-Laurie Kreul-Admninistrator

8th-Jennifer Grimm-CNA

22nd-Elisabeth Rosales-AL Activities

22nd-Destiny Smith-LPN

24th-Mary Croatt-AL Attendant

25th-Morgan Miculinich-Activity Asst.

28th-Brianna Busta-LPN

November Anniversaries!

Katie Croatt-Dietary: 20 years

Angel Smith-CNA: 1 year

Benton Sparrow-Maint/Hskp: 1 year

What We've Been Up To

There have been scam calls from Decorah Bank's “call center or fraud department.” In these incidents, bad actors are spoofing our bank's phone number in an attempt to solicit sensitive information from unsuspecting individuals. Additionally, these fraudsters are attempting to impersonate Decorah Bank and Cresco Bank staff.

Here are details from the recent spoofed calls:

It may not always, but in some instances the call appears to be from Decorah Bank’s main phone number, 563-382-9661.
They may ask you to confirm an ACH payment because it has been flagged as fraud, or because has attempted to pull multiple times unsuccessfully.
The bad actors are trying to fool you into thinking there is a problem and then asking for your online banking login credentials to “fix” the issue.
They may ask for your account number, online banking login ID, phone numbers, emails, etc.

Decorah and Cresco Bank will NEVER call you to request your personal details or sensitive information over the phone. We value your privacy and work hard to protect it.

If you receive a suspicious call, please do not engage or provide any personal information. Hang up immediately and call the bank directly at 563-382-9661 in Decorah or 563-547-2244 in Cresco to report the incident.

Keep in mind this holiday season

As the holiday season approaches, many families look forward to gatherings, traditions, and time spent with loved ones. While these celebrations can bring joy, they may also create challenges for people living with dementia and those who care for them. Changes in routine, busy schedules, and large gatherings can sometimes lead to confusion, fatigue, or stress. With a little planning and flexibility, however, families can create meaningful holiday moments that are enjoyable for everyone.

Keep Celebrations Simple

Holiday traditions do not have to be elaborate to be meaningful. Consider smaller gatherings, quieter settings, and shorter visits to help reduce overstimulation. Familiar activities such as decorating cookies, listening to favorite holiday music, looking through family photo albums, or helping set the table can provide opportunities for connection and participation.

Focus on the Person, Not Perfection

It's important to adjust expectations and recognize that traditions may look different than they once did. Rather than striving for a picture-perfect holiday, focus on creating moments of comfort, engagement, and togetherness. Simple conversations, shared laughter, and spending time together are often the most memorable gifts.

Prepare Family and Friends

If extended family or friends will be visiting, help them understand what to expect. Share updates about your loved one's condition and encourage guests to be patient, speak clearly, and offer reassurance. Gentle interactions and positive communication can help everyone feel more comfortable.

Choose Meaningful Gifts

Thoughtful gifts that promote comfort, familiarity, and engagement can be especially appreciated. Consider photo books, favorite music, cozy blankets, sensory items, puzzles designed for cognitive abilities, or personalized keepsakes. Caregivers also deserve recognition during the holiday season. Gift cards for meals, housekeeping services, respite care, or self-care activities can provide valuable support.

Take Care of Yourself

The holidays can increase demands on caregivers. Remember to ask for help, accept assistance when it is offered, and make time for rest. Maintaining realistic expectations and prioritizing your own well-being can help make the season more enjoyable for everyone. The holidays may not look exactly as they once did, but with understanding, flexibility, and a focus on connection, families can continue to create meaningful traditions and treasured memories together.