

Good Samaritan Center

By Whitney True

April has brought more than just showers! It's brought snow, more cold weather and even more anticipation for summer nights and playtime outdoors. Plans to plant flowers and a vegetable garden have been put on hold for awhile and so we have spent much of our time indoors.

We played Bingo last Wednesday night. Myrtle Waldo and Amy Rehm always entertain with their friendly competition. Residents crooned to a sing-a-long on Thursday. The sounds of Elvis, Frank Sinatra and Johnny Cash filled the dining room.

Residents Council met on Thursday and are excited to help host a Spirit Week in celebration of National Nursing Home Week. Council members will help plan and host special events throughout the week and will give special awards

out to staff and residents that are best dressed and most spirited each day. Council members also voted on the theme for the upcoming family barbecue that will be held in May. "Summer Lovin'" from the famous movie "Grease" will be our theme. Tongue twisters, trivia and a van ride out to the country made for an eventful weekend. We also celebrated Earth Day with eco-friendly crafts and staff wore blue and green to show their support. We will plant flowers on Friday in honor of Earth and Arbor day.

First Hand Friends stopped in on Tuesday to entertain with book readings. The kids bring enormous smiles to the faces of our residents and staff. What a blessing they are to all of us.

We had our first official "Exercise Grannies" meeting. Residents wore bandanas, the kind you all remem-

ber from 1980s exercise videos. I even pulled a few muscles. Whoever thought exercising grannies would be so tough to keep up with. At any rate Richard Simmons really is a hoot. If we weren't feeling the burn, we at least hurt from laughing so hard. Fun!

Visitors included: Cheryl Miller for Loren Schrock; Cathy Wenger for Connie Cramer; Max Carman for Myrtle Waldo; Nadine Tacha for Galen Tacha; Penny Fringer and Reva Marshall for Dorothy Hunt; Jeanie May for Woody May; Gladys Geis for Marilou Long and Evelyn Olson; Gerald Olson for Evelyn Olson; Ron and Becky Hunziker for Amy Rehm; Christy Wesch for Eva Bryan and Opal Bryan; Ralph and Norma Unger for Earl Brown, Margaret Vacura and Woody May.

Role of work in life's goals



Home Time

By Tranda Watts
Regional Extension Agent

K-State Research and Extension (Northwest Area), the Northwest Kansas Area Agency on Aging, Fort Hays State University (Department of Health and Human Performance), and the Kansas Humanities Council will host "Bucket Lists and Looking Back: What was Worth the Work?"

This presentation and discussion by Karen Ridder at 12:15 p.m. on Friday is part of Full Circle...An Aging Expo to be held at the Gateway Fellowship Church Impact Center in Oakley. Contact your local K-State Research and Extension Office or Diann Gerstner at the Thomas County Extension Office at 785-460-4582 for registration information. You will need to be registered for Full Circle...An Aging Expo to take advantage of this presentation.

The Early Bird registration cutoff date was Friday, but registrations will be accepted up until April 26. Meals, however, cannot be guaranteed.

"Bucket lists" are wish lists of accomplishments people hope to do before they die, or "kick the bucket." Ridder will share and

discuss interviews with Kansas living past their 95th year as they reflect on where they worked, why they worked, and what work they have continued through the years. What life goals will you look back on and believe were the best work for your life?

Karen Ridder is a freelance journalist and a regular blogger for the official Kansas travel and tourism blog at Travelks.com. She enjoys researching and telling the stories that inform our sense of who we are.

"We get a lot of freedom in our lives to choose our work and the things we work toward, but do you ever stop to wonder what will really seem worth the effort at the end of the day?," asked Ridder. "This is a chance to hear the stories of others who have been there."

"Bucket Lists and Looking Back: What Was Worth the Work?" is part of the Kansas Humanities Council's The Way We Worked Speakers Bureau featuring presentations and discussions examining the theme of work and working in Kansas and how these stories help define us.

Plan to participate in either the public or the professional track (educational credits available) of Full Circle...An Aging Expo. Get your registrations in soon.

Tranda Watts is Kansas State University extension specialist in food, nutrition, health and safety for Decatur, Gove, Norton, Sheridan, and Trego counties. Call her at (785)443-3663 or e-mail twatts@ksu.edu. For information, contact the Decatur County office of Twin Creeks Extension, 475-8121.

Decatur Health Systems

By Becky Wilson

The hospital has been busier this month than in quite some time, and with the way new services and options are popping up all over the place, it's been much more spring-like inside than it has been outside lately.

One of the areas here at Decatur Health that's definitely blooming is the physical therapy department. Therapy services have increased tenfold over the past couple of months as we've increased our staffing to provide the services needed by people in Oberlin and surrounding communities.

Physical therapy is important to many people following an injury or illness or when recovering from surgery to help them to restore previous abilities or compensate for abilities that cannot be regained. It can take quite a bit of time, care and patience to rebuild strength and flexibility.

I'll be working on introducing our new and current staff and the services they provide in more detail soon, but we've already heard from many people who've said our therapists provided them with wonderful service and the kindness that's expected during a difficult healing

process. It's great to hear feedback like that, and we're delighted to be able to offer services that are so necessary.

Another department that's expanding its services to the public is the laboratory. Starting May 1, the lab will be offering affordable wellness tests - which means you can monitor your own health with a variety of tests at a reduced cost with no physician's order required.

Results are confidential, given directly to you, and there's no appointments necessary or insurance or Medicare involvement. More information about the types of tests and prices is available on our website, www.decaturhealthsystems.org, or you can call laboratory manager Jodi Votapka and she'll be happy to discuss the program.

Grant applications have also been worked up to help buy new equipment for the information technology department, as well as other pieces of equipment such as an autoclave, an infusion pump and a cauterizer. Over the past few weeks, the hospital has been aggressive about applying for new grants, writing more than five applications totaling

over \$72,000. Grants like these have provided hundreds of thousands of dollars to hospitals across the state, and we hope we'll be sharing in that good fortune. That would help put us in a position to continue to provide quality health care with the most up-to-date equipment.

Speaking of the latest equipment, one of the newest resources available for our medical providers is a portable bladder scanner. A bladder scanner is noninvasive ultrasound device - which means that in a situation where previously a patient might need a catheterization, they can now be scanned instead.

A piece of equipment that allows patients to avoid a procedure that cannot only be uncomfortable but also poses a slight risk of infection by introducing something external to the body is a great thing to have.

All in all, there are new things sprouting all over the place around here. Don't forget that Dr. Allen Hooper is accepting patients in the clinic every week. Appointments have been filling up fast, so call early.

Jennings News

By Louise Cressler

On the chilly evening of April 18, Jennings Book Club members arrived at the home of Terri Hanke carrying plates of cookies. As they munched on sugary treats and warmed up with coffee, hot tea, and lemonade, members Helen Rhodes, Lynn Tacha, Joan McKenna, Alice Mizer, Patty Foster, Ruth Chance, Sue Long, Kathy Nauer and Ms. Hanke reviewed the adventures of Pi Patel in the novel, "The Life of Pi" by Yann Martel. A cookie exchange concluded the meeting when plates were filled with snicker doodles, rum balls, chocolate chip, chocolate mint, sugar, oatmeal raisin and applesauce cookies, plus brownies and many other delicious cookie treats. The entertaining detective story, "Dreadful Water Shows Up"

by Hartley Goodweather was distributed by Lynn Tacha for members to read and discuss in May.

Bob and Neoma Tacha, Dona and Eugene Mrstik and Lila Jennings drove to Colby Saturday to attend the Sixth District American Legion and Auxiliary Convention held at the American Legion in Colby.

Those playing pinochle Wednesday at the Sunflower Senior Center were: Stan and Ramona Shaw, Agnes Wahlmeier, Carol Carter, Eleanor Morel, Diane Carter, Wayne and Louise Cressler.

Several Jennings residents arrived at the Community Hall front steps early Saturday morning to start clean-up day in Jennings. There was a brisk cool wind blowing, but did not hamper the workers from clean-

ing up many lots in our town. Tree limbs were hauled to the Jennings landfill, three truck loads of other debris were hauled to the Oberlin landfill; also two large trailers are loaded to go to F & F Iron, Norton.

Jana Slansky, Stockton, visited her mother, Imogene Keenan, over the weekend and attended church with her.

Becky Carter has been teaching a children's Sunday School class each Sunday at 10 a.m. Some have been going to church with their parents. It is always nice to have children in church.

Museum Matters

By Sharleen Wurm

We are home from a very interesting weekend conference of the Order of Indian Wars. Yours truly was even introduced at the opening ceremony, which was a great plug for our museum.

I got to meet several authors and historians on various Indian Wars. Some even showed great interest in joining us for a Last Indian Raid tour and reenactment being planned for Mini Sapa Day this year to commemorate the 135th anniversary of the raid through Decatur County.

Here is a list of several books about the Cheyenne raid that I recommend for your reading: "The Northern Cheyenne Exodus" by James N. Leiker and Ramon Pow-

ers; "Holding Stone Hands" by Alan Boyle; "The Fighting Cheyennes" by George Bird Grinnell; "Tell Them We Are Going Home" by John Monnett; and "In Dull Knife's Wake" by Vernon R. and Albert Glenn Maddux.

Other new books that I picked up and met with the authors at the conference that look interesting: "Dog Soldier Justice and Wild Bill Hickok's Hays City Brawl with Soldiers of Custer's 7th Cavalry," by Jeff Broome and "Kansas Forts and Bases" and "The Civil War in Kansas" by Debra Goodrich Biesel.

Most of these books are or will soon be for sale in our gift shop.

Spiritually Reborn into the Family

No doubt about it: babies are cute. Everywhere we take our son, he gets attention from friends and strangers alike. At nine months old, he loves to smile at everyone and he makes us laugh. But if he continues to act like a baby when he's, say, 16, we won't be thrilled. When children act like children, it's cute. When adults act like children, it's not cute anymore.

As I've written about new birth and new life this month, it's important to remember that spiritual birth is only a beginning. After we are reborn spiritually, growth has to follow. "Grow in the grace and knowledge of our Lord and Savior Jesus Christ. (2 Peter 3:18)"

The Apostle Paul introduced many people to the risen Christ and started several churches. But he wasn't just concerned about new birth; he wanted everyone to grow up in Christ. He told one of his churches that the purpose of the ministry of the people is to build up the body of Christ until we become mature. The mature are no longer spiritual infants, vulnerable to bad teaching and dishonest leaders

(Ephesians 4:12-14).

With another church, Paul was frustrated with the lack of maturity. He accused those Corinthians Christians of being babies. Their fighting and divisions revealed that they were still infants in Christ, still not ready for solid food (1 Corinthians 3:1-9). Whoever wrote Hebrews shared the frustration. Apparently, these folks also weren't ready for solid food. They should have been teachers, but they still needed to learn the basics of God's word. If they were mature they would be able to distinguish good and evil (Hebrews 5:11-14).

Sometimes spiritual growth is so slow and so deep that it is imperceptible. If you can't tell if you are growing, ask someone who lives with you or knows you well: Am I growing less foolish and less irritable? Am I growing in knowledge of God's word? Am I growing in the grace and knowledge of Jesus? Celebrate even small step towards maturity, because there's nothing cute about an adult baby.



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Schedule of Oberlin and area church services:

<p>OBERLIN SACRED HEART CATHOLIC CHURCH 785-475-3103 Fr. Mark Berland, MASS: 10:30 a.m. Sunday</p> <p>IMMACULATE CONCEPTION CATHOLIC, LEVILLE Fr. Mark Berland, MASS: 8 a.m., Sunday.</p> <p>SACRED HEART CATHOLIC, SELDEN Fr. Mark Berland, MASS: 5:30 p.m. Sunday</p> <p>JENNINGS-DRESDEN UNITED METHODIST CHURCH Pastor: Barbara Patterson SUNDAY: Church School, 10 a.m. Morning Worship, 11 a.m.</p> <p>DRESDEN SUNDAY: Morning Worship, 9:30 a.m.</p> <p>PRAIRIE CHAPEL UNITED METHODIST The Rev. Nancy Proffitt SUNDAY: Church Services, 9 a.m.; Sunday School, 8:30 a.m.</p> <p>HERNDON IMMANUEL UNITED CHURCH OF CHRIST Pastor: Dennis Brown SUNDAY: Morning Worship, 9 a.m.</p> <p>OBERLIN UNITED METHODIST 102 North Cass - 785-475-3067 The Rev. Nancy Proffitt SUNDAY: Church School, 9:30 a.m.; Morning Worship, 10:45 a.m. (Nursery provided.) WEDNESDAY: Praise team practice, 8 p.m.</p> <p>OBERLIN ASSEMBLY OF GOD The Rev. Royce Leitner SUNDAY: Sunday School, 10 a.m.; Morning Worship, 11 a.m.; Evening Worship, 7 p.m. WEDNESDAY: Adult Bible study, 7 p.m.</p>	<p>UNITED CHURCH OF OBERLIN Pastor: Judi Stricker 109 North Griffith-American Baptist, Disciples of Christ, Presbyterian USA SUNDAY: Adult Sunday School, 9:30 a.m.; Coffee: 10:30 a.m. - 11 a.m. Worship Service, 11 a.m. Choir practice every Sun. at 9:45 a.m. Holy Communion, 1st & 3rd Sundays. United Church Women, 2nd Wed at 2 p.m. Parish Council, 2nd Sun. following Worship</p> <p>OBERLIN COMMUNITY FELLOWSHIP (Southern Baptist) Pastor: Gene Gee SUNDAY: Sunday School, 9:30 a.m.; Morning Worship, 10:30 a.m., WEDNESDAY: Service, 7 p.m.,</p> <p>CLAYTON UNITED METHODIST Pastor: Ed Woods SUNDAY: Sunday School, 10 a.m.; Worship Service, 11 a.m.</p> <p>OBERLIN CHURCH OF CHRIST South Beaver Street - Oberlin Bill Duncan — Phone 785-475-3259 SUNDAY: Fellowship and coffee time; 10:00 a.m. Praise and Worship time, with Weekly Lords Supper, Multi-media Bible sermons & open bible studies combined. Private Bible studies on request.</p> <p>ST. MARY'S CATHOLIC, HERNDON Fr. Nick Parker Phone 785-322-5560 MASS: SUNDAY and THURSDAY 8:30 a.m.</p> <p>HERNDON COVENANT CHURCH Pastor: Keith Reuther Phone 785-322-5316 SUNDAY: 9:45 a.m. Morning worship, 11 a.m. Youth group, 4 p.m.</p> <p>NORCATUR UNITED METHODIST Pastor: Ed Woods SUNDAY: Worship Service, 10 a.m.; Church School, 10:30 a.m.</p>	<p>LYLE UNITED METHODIST Guest Speakers every Sunday SUNDAY: Morning Worship 9 a.m.</p> <p>EVANGELICAL COVENANT CHURCH OF OBERLIN Pastors: Chris and Sharon Nelson 810 West Cedar, Oberlin Office Phone 785-475-2769 SUNDAY: Worship Service, 9:30 a.m.; Fellowship Time, 10:30 a.m.; Sunday School, 11 a.m. WEDNESDAY: Bible Study, 7 p.m.</p> <p>LUND COVENANT CHURCH Pastor Roy Matthewson 10 miles south, 4 miles west of Oberlin. Sunday: Sunday School 10am Worship 11 am "The Difference is worth the Distance" facebook.com/LundCovenantChurch</p> <p>ST. JOHN'S LUTHERAN CHURCH 510 North Wilson Interim Pastor: Brad Rick SUNDAY: Sunday School and Bible class, 9:45 a.m.; Divine Worship Service, 8:30 a.m.; Holy Communion: 1st and 3rd Sundays.</p>	<p>FAITH LUTHERAN CHURCH 404 North York Avenue Oberlin, Kansas The Rev. Charlotte Strecker-Baseler Church Office Phone: 785-475-2053 SUNDAY: Worship, 10:00 a.m.; Fellowship and Educational Hour, 11:15 a.m. Holy Communion first and third Sundays. THURSDAY: Women's Bible Study second Thursday at 9:30 a.m.</p>
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Pastor Sharon Nelson
Evangelical Covenant Church of Oberlin

April Fools Sale CONTINUES

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