St. Francis Manor Newsletter

November 2026

Names to Know

Executive Administrator
Dion Schrack

Director of Nursing
Kory Probasco

Assistant Director of Nursing
Kayla Lint

Activity Directors
Miranda Anderson
Tori Funke
Cadie Farver

Dietary Manager
Cindy Strobel

Office Administration
Pam Ashing, Tammy Creps, Morgan Fraker, Shelley Schrack, Jamie Vogel, Sydney Kenkel

St. Francis Manor is an equal opportunity provider and employer

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Important Dates In November

Daylight Savings Time Ends
1st

Election Day
3rd

Veterans Day
11th

Thanksgiving Day
26th



In Memory:
Rick Hauser, Louise Crews
Welcoming:
Juanita Arioso, Bob Ryan, Boyd Sparks, Marty Thomson, Connie Shebeck, Judy Blythe, Ellen Ellis
Good Luck:
Nancy Higgason, Tom Hall

Birthdays & Anniversaries

Birthdays

Residents

Rita Beason- 06
Shirlee Murphy- 10
Harriett Wisecarver- 19



How many turkeys can you discover in this newsletter? The answer can be found on page 8.



Staff

Maryann Eakins- 04
Larry Hoch- 05
Stacy Ellis- 06
Dulce Villanueva- 08
Laeticia Bakaji- 09
Jessica Cole- 11
Tori Funke- 13
Alexis Clark- 14
Jeff Vander Molen- 15
Briley Graff- 20
John Van Roekel- 20
Linda Brown- 23
Sherri Rauch- 23
Alivia Hurst- 26
Trinity Hazelwood- 29

Anniversaries



Abby Moyer, Hammond Center
November 05, 2015, 11 Years
Miranda Anderson, Activities
November 16, 2015, 11 Years
Katie Shaw, Nursing
November 15, 2017, 9 Years
Keshia Lakose, CSSF/Hammond Center
November 08, 2018, 8 Years
Linda Brown, Nursing
November 19, 2019, 7 Years
Brianna James, Nursing
November 19, 2021, 5 Years
Kira Collett, Nursing
November 11, 2022, 4 Years
Boston Agan, Nursing
November 28, 2023, 3 Years
Alexis Clark, Nursing
November 28, 2023, 3 Years







Natasha Zettler, Dietary
November 28, 2023, 3 Years
Willow Corse, Nursing
November 01, 2024, 2 Years
Christina McFarland, Dietary
November 12, 2024, 2 Years
Alivia Hurst, Nursing
November 13, 2024, 2 Years
Emma Smith, Dietary/Nursing
November 22, 2024, 2 Years
Kayl Young, Nursing
November 03, 2025, 1 Year
Rylee Mauss, Nursing
November 04, 2025, 1 Year
Nicole Meirick, Nursing
November 05, 2025, 1 Year
Isabelle Holden, Nursing
November 18, 2025, 1 Year



Homecoming Parade Recap

Our campus made a strong presence at the GHS Homecoming Parade, with Tiger pride radiating throughout the streets. Heartfelt congratulations to St. Francis Manor Homecoming King Bill Hansen and Queen Merilou Bivens, along with Hammond Center queens Shirley Sieck and Shirley Pistulka — our esteemed royalty, graciously pushed in wheelchairs by our dedicated staff. From our vibrant walkers to Seeland Park residents on the float and scooters, and our two vans, it was a beautiful display of community spirit!





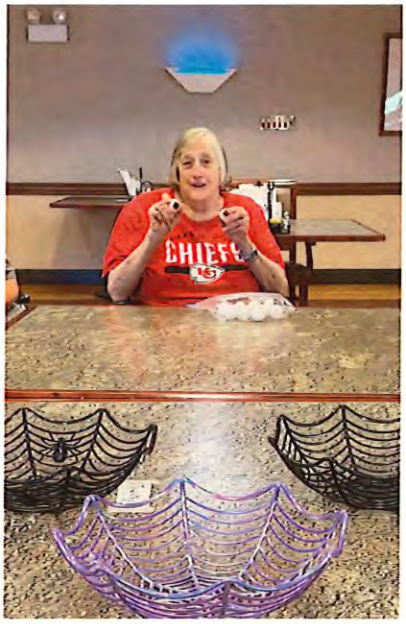


October Review

October was a month filled with Halloween fun, packed with a variety of themed activities. Residents enjoyed creating festive decorations like door hangers, painting pumpkins, cutting out bats for the fireplace, and crafting jack-o'-lantern canvases. They also had a blast playing games such as eyeball toss, roll a jack-o'-lantern, ghost ring toss, build a skeleton, what's in the bag, and many more. In addition to these, the residents participated in the Healthiest State Walk, enjoyed games with middle school students, and were entertained by a performance from Ron Burgess. They also delighted in watching Central Iowa School students showcase their costumes. The month concluded with residents handing out candy to trick-or-treaters the night before Halloween. As colder months approach, the residents are excited for more fun activities!















All About November

NAIL APPOINTMENTS

WED 4TH AM	YVONNE H. | MARY LOU V.| CONNIE S. HARRIETT W. | SUSAN K.| LINDA C.	WED 18TH AM	YVONNE H. | MARY LOU V.| CONNIE S. HARRIETT W. | SUSAN K.| LINDA C.
WED 4TH PM	SHIRLEY K. | NANCY J. MERILOU B.| MARY P. | DIANE C.	WED 18TH PM	SHIRLEY K. | NANCY J. MERILOU B.| MARY P. | DIANE C.
WED 11TH AM	MIC B. | DOROTHY WISEMAN DEBBIE K.| TATIANA S.	WED 25TH AM	MIC B. | DOROTHY WISEMAN DEBBIE K.| TATIANA S.
WED 11TH PM	BETTY R. | JOYCE W.| CAROLYN R. DOROTHY WADE| BERNICE V	WED 25TH PM	BETTY R. | JOYCE W.| CAROLYN R. DOROTHY WADE| BERNICE V

PLEASE LET ACTIVITIES KNOW IF YOU WOULD LIKE TO BE ADDED TO THE LIST



SUNDAY CHURCH SERVICES

November 1st

2:30pm Grinnell United Methodist Church

November 8th

2:30pm Church Service With Dick & Jane Larson

November 15th

2:30pm Church Service With Tom & Theresa Anderson

November 29th

2:30pm Sully Christian Reformed Church Service

ALL CHURCH SERVICES WILL BE HELD IN THE DINING ROOM





Join Diane in the Dining Room on November 14th at 9:00 AM for a delightful session of hymn singing.









COME SAY HELLO TO THE STUDENTS!



THE GRINNELL MIDDLE SCHOOL STUDENTS WILL BE COMING TO PLAY TABLE GAMES WITH THE RESIDENTS ON NOVEMBER 19TH AT 1:00 IN THE DINING ROOM.

Staff Spotlight



TRINITY HAZELWOOD

CERTIFIED NURSES AIDE

Trinity has been an employee at St. Francis Manor for a year and a half, and she aspires to become a nurse at SFM in the near future. Originally from Newton, her family moved shortly after she was born to Montezuma, where she completed preschool. They then relocated to Brooklyn, where she finished her schooling and graduated from BGM in 2026. Currently, Trinity is enrolled at Marshalltown Community College, pursuing the LPN program for the upcoming fall semester.

In her leisure time, Trinity enjoys spending moments with her friends, family, and her six cats. She loves painting, making music, and being outdoors. This year, she hopes to travel, exploring new places, people, and cultures. Her favorite destination is the ocean. When asked about what she finds most rewarding in her job, she expressed, "My answer will always be seeing my residents light up after a conversation; making a difference for those who need it most is the greatest reward."

Resident Spotlight

LARRY WILLEMSEN

Larry was born in Oskaloosa on October 12, 1937, and grew up in Lynnville, Iowa. He is the proud father of two children, Denise and Tammy, and has three grandchildren: Jeremy, Laura, and Carver. From these grandchildren, he has been blessed with four great-grandchildren: Kaleb, Maeve, Weston, and Carmyn. Larry dedicated 29 years of his career to Farmhand before retiring. Following his retirement, he took on a part-time position as a janitor at Bailey Park Elementary School. He and his wife shared a loving marriage that lasted 58 years, during which they cherished their passion for travel, visiting 33 different countries together. In their younger days, they were active members of a square dance club and always enjoyed quality time spent with their family.



Honoring Our Veterans

THE SILENT HEROES

Not all heroes wear a crown,
Some walk in boots, on sacred ground.
Their stories whispered, scars unseen,
Yet their courage shines, a steady beam.
They gave their all, so we could be,
A land of hope, the brave, the free.
To every veteran, near or far,
You are our guiding, steadfast star.

Army

Bob Ryan
Boyd Sparks
Jack Phipps
Larry Willemsen

Air Force

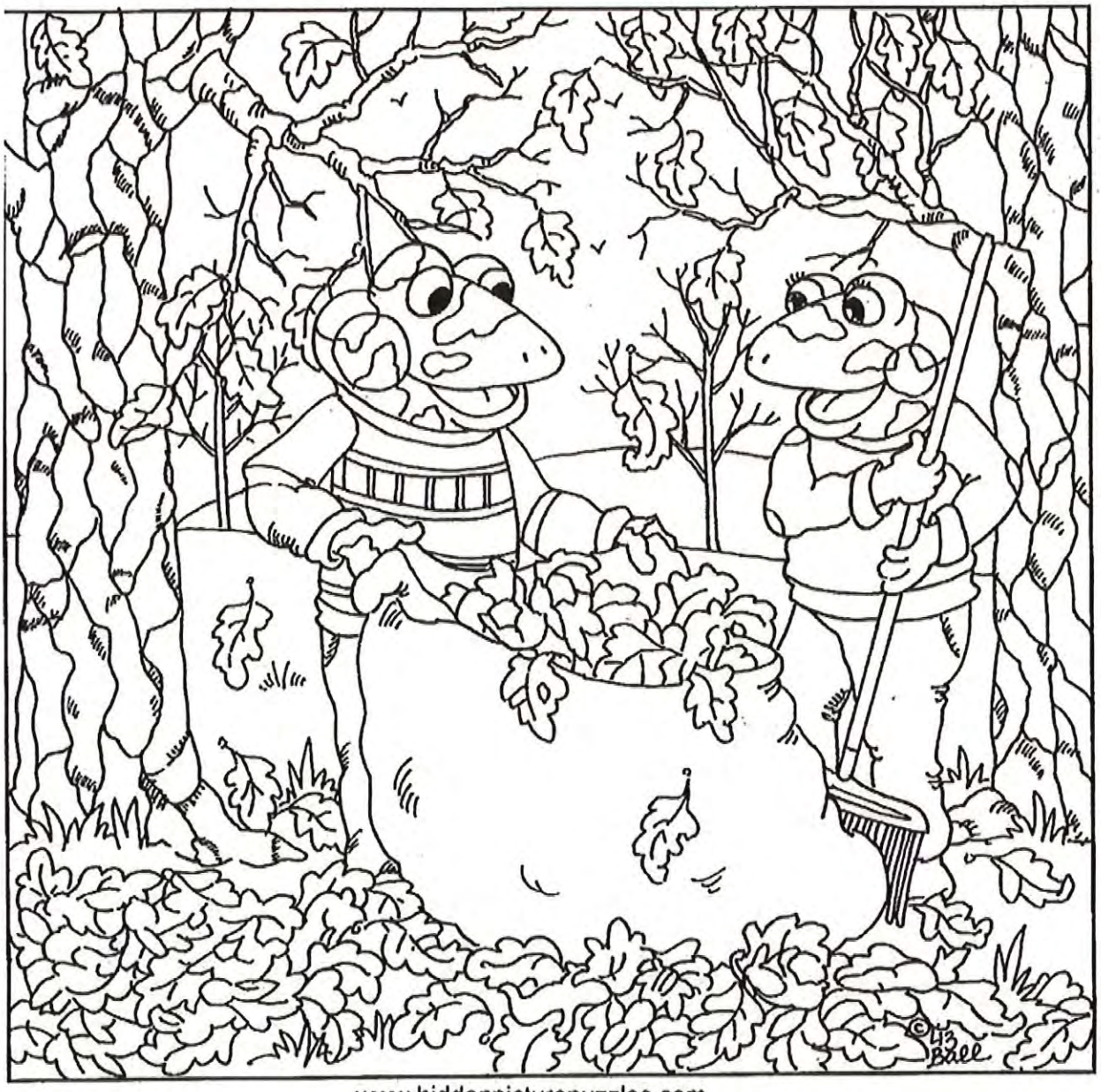
Bob Armbruster

Navy

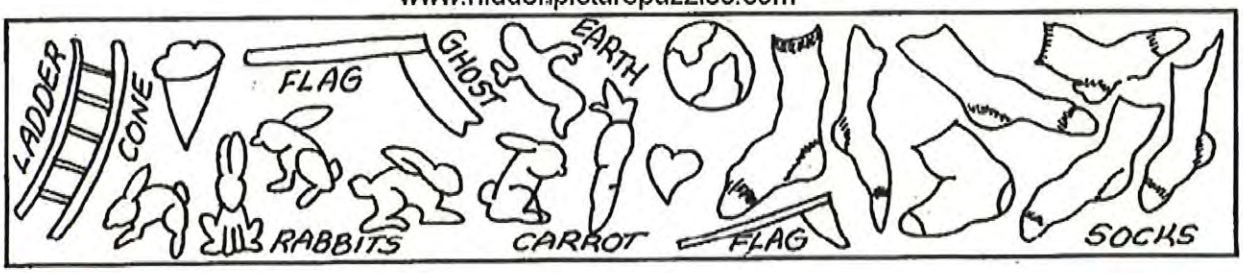
Bill Hansen



Fall Hidden Picture



www.hiddenpicturepuzzles.com



There are 6 turkeys featured in this newsletter!

November Breakfast Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Cereal Egg Honey Bun Coffee Cake	2 Cereal Egg Bacon Toast	3 Cereal French Toast Sausage Link	4 Cereal Frittata Bacon	5 Cereal Egg Sausage Link Toast	6 Cereal Scrambled Egg With Ham Toast	7 Cereal Egg Bacon Mini Donuts
8 Cereal Egg Danish	9 Cereal Egg Bacon Toast	10 Cereal Egg Biscuit Sausage Gravy	11 Cereal Donut Egg	12 Cereal Egg Bacon Toast	13 Cereal Cinnamon Roll Egg	14 Cereal Egg Toast
15 Cereal Egg Muffin	16 Cereal Egg Bacon Toast	17 Cereal Pancakes Egg Sausage Link	18 Cereal Breakfast Sandwich	19 Cereal Peaches & Cream Coffee Cake Sausage Link	20 Cereal Sausage Gravy Biscuit	21 Cereal Mini Donuts Egg
22 Cereal Frittata Sausage Link Toast	23 Cereal Sausage Link Egg Toast	24 Cereal Scrambled Egg With Ham Toast	25 Cereal Pancakes Bacon	26 Cereal Egg Toast	27 Cereal Egg Bacon Toast	28 Cereal Scrambled Egg Graham Streusel Coffee Cake
29 Cereal Sausage Link Cinnamon Roll	30 Cereal Egg Toast				KITCHEN PHONE NUMBER: 641-269-5423	

November Dinner Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Salisbury Steak Mashed Potatoes Scalloped Corn Roll Pie	2 Ravioli W/ Meat Sauce Tossed Salad Breadstick Raspberry Blackout Bar	3 Baked Ham Parmesan Scalloped Potatoes Cascade Blend Vegetables Peanut Butter Brookie	4 Tenderloin French Fries Rotini Pasta Salad Ice Cream	5 Roast Pork Mashed Potatoes W/ Gravy Carrots Oatmeal Caramel Bar	6 Cheeseburger French Fries Apple Cider Slaw Fluffy Lemon Angel Dessert	7 Escalloped Chicken Mashed Potatoes Green Beans Creamy Banana Pudding
8 Glazed Meatloaf Mashed Potatoes Country Trio Vegetables Pie	9 Open Face Hot Turkey Sandwich Mashed Potatoes Corn Butterfinger Dessert	10 Beef & Noodles Mashed Potatoes Glazed Carrots Peanut Butter Blondie	11 Pork Chops In Sour Cream Gravy Baked Potato Buttered Peas Homestyle Peach Cobbler	12 Parmesan Baked Chicken Au Gratin Potatoes Cascade Blend Vegetables Tapioca Strawberry Dessert	13 Fish & Chips Creamy Coleslaw Cornbread O Henry Bar	14 Goulash Corn Breadstick Pudding Parfait
15 Roast Beef Mashed Potatoes Beef Gravy Loaded Cauliflower Casserole Roll Pie	16 Boneless Fried Chicken Macaroni & Cheese Green Beans Banana Split Dessert	17 Lemon Chicken Butter & Herb Rice Pilaf Broccoli Candy Bar Blondie	18 Salisbury Steak Parslied Potatoes Glazed Carrots Strawberry Shortcake	19 Chicken Kiev Hashbrown Casserole Buttered Peas Sherbet	20 Baked Ham Herb Parmesan Baby Bakers Green Beans Cherry Poke Cake	21 Chicken Fried Chicken Mashed Potatoes Cream Gravy Peas & Carrots Oreo Fluff
22 Chicken Cordon Bleu Scalloped Potatoes Cascade Blend Vegetables Roll Pie	23 Spaghetti & Meat Sauce Tossed Greens Breadstick Cupcake W/ Frosting	24 Beef Stroganoff Mashed Potatoes French Green Beans Twisted Strawberry Shortcake	25 Glazed Meatloaf Mashed Potatoes Glazed Carrots Cherry Delight	26 Turkey Mashed Potatoes W/ Gravy Dressing Green Bean Casserole Pumpkin Pie	27 Honey Butter Biscuit Pollock Baked Potato Broccoli Strawberry Cheesecake	28 Maidrite French Fries Macaroni Salad Ice Cream
29 BBQ Chicken Baked Beans Creamy Coleslaw Roll Pie	30 Chicken Fried Chicken Mashed Potatoes Cream Gravy Honey Buttered Carrots Devils Food Cake W/ Chocolate Ganache				KITCHEN PHONE NUMBER: 641-269-5423	

November Supper Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 BBQ Rib Sandwich Potato Chips Dill Pickle Spear Pears	2 Homemade Chicken Noodle Soup Crackers ½ Deli Sandwich Mandarin Orange Gelatin	3 Sloppy Joe Seasoned Tots Sweet Pepper Slaw Mixed Fruit	4 Cheese Broccoli Soup Baked Potato Peaches Cookie	5 Tuna Salad Sandwich Potato Salad Potato Chips Sherbet	6 Wisconsin Cheese Soup Crackers ½ Ham Salad Sandwich Fruit	7 BBQ Pork Sandwich Baked Beans Potato Chips Fruit
8 Pizza Tossed Salad Cookie Sherbet	9 Crispy Chicken Sandwich Potato Chips Pasta Salad Banana Berry Cup	10 Creamed Chicken Biscuit Pickled Beets Ice Cream	11 Pizza Burger Caesar Pasta Salad Green Beans Mandarin Oranges	12 Split Pea Soup W/ Ham Crackers ½ Egg Salad Sandwich Fruited Gelatin	13 Cream Of Tomato Soup Grilled Cheese Sandwich Tossed Salad Pears	14 Scalloped Potatoes & Ham Buttered Peas Fruit Cookie
15 Chicken Strips Potato Salad Baked Beans Mandarin Oranges	16 Potato Soup ½ Deli Sandwich Tossed Salad Pears	17 Hot Dog Potato Salad Potato Chips Fruit	18 Tater Tot Casserole Corn Pudding	19 Beef Stew Biscuit Cucumber & Onion Salad Berry Cup	20 Cheeseburger Casserole Tossed Salad Peaches Cookie	21 Egg Salad On Croissant Sun Chips Coleslaw Fruit
22 Old Fashioned Tuna & Noodles Pickled Beets Berry Cup	23 Grilled Ham & Cheese Sandwich Potato Chips Cottage Cheese & Peaches Cookie	24 Chicken Salad On Croissant Potato Salad Blushing Pears	25 Bratwurst Burger Cucumber Pasta Salad Pudding	26 BBQ Meatballs Creamy Coleslaw Dark Sweet Cherries Cookie	27 Beef Barley Soup Ham Salad Sandwich Fruit	28 Pizza Tossed Greens Mandarin Oranges Cookie
29 Goulash Green Beans Breadstick Peaches	30 Loaded Baked Potato Soup Crackers ½ Deli Sandwich Sherbet				KITCHEN PHONE NUMBER: 641-269-5423	

November Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 2:30 Grinnell United Methodist Church Service	2 8:45 Exercise Class 9:20 November Banner 1:30 "Got It" Card Game	3 8:45 Exercise Class 9:20 Beaded Corn Craft 1:30 BINGO	4 9:20 Manicures 1:30 Manicures/ Crazy 8s	5 8:45 Exercise Class 9:20 Donuts & Riddles 12:30 Popcorn/M&Ms 1:30 Movie: Our Father's Keeper **(Social Center)**	6 8:45 Exercise Class 9:20 Hedgehog Craft 1:30 Roll A Turkey	7 Activity Packet **1:30 Grinnell College Students** 2:00 Movie In The Dining Room: The Turkey Town Miracle Channel 11 IPTV 6:00 Lawrence Welk
8 2:30 Church Service With Dick & Jane Larson	9 8:45 Exercise Class 9:20 Autumn Flower Craft 1:30 Pumpkin Craft	10 8:45 Exercise Class 9:20 Thanksgiving Jeopardy 1:30 BINGO	11 9:20 Manicures 1:30 Manicures/ Color By Number	12 8:45 Exercise Class 9:20 Gratitude Tree 12:30 Popcorn 2:00 Veterans Day Program	13 8:45 Exercise Class 9:20 Turkey Races 1:30 Thanksgiving Jingo	14 9:00 Hymn Sing With Diane **2:00 Therapy Dog Visit** Channel 11 IPTV 6:00 Lawrence Welk
15 2:30 Church Service With Tom & Theresa Anderson	16 8:45 Exercise Class 9:20 Apple Craft 1:30 Making Bracelets	17 8:45 Exercise Class 9:20 Armchair Travel to Vienna, Austria 1:30 BINGO	18 9:20 Manicures 1:30 Manicures/ Build A Cornucopia	19 8:45 Exercise Class 9:20 Prize Game 12:30 Popcorn 1:00 Games With Middle School Students	20 8:45 Exercise Class 9:20 Bulletin Board Prep 2:00 Treasured Music **(Social Center)**	21 **1:30 Grinnell College Students** 2:00 Movie In The Dining Room: An Old Fashioned Thanksgiving Channel 11 IPTV 6:00 Lawrence Welk
22 TV Church Services Channel 116 TBN	23 8:45 Exercise Class 9:20 Resident Council 1:30 Minute To Win It Game	24 8:45 Exercise Class 9:20 "Who Am I? Game 1:30 BINGO	25 9:20 Manicures 1:30 Manicures/ Documentary	26 Happy Thanksgiving	27 8:45 Exercise Class 9:20 Steal My Candy Game 1:30 Dominoes	28 **1:30 Grinnell College Students** 2:00 Movie In The Dining Room: Funny Thing About Love Channel 11 IPTV 6:00 Lawrence Welk
29 2:30 Sully Christian Reformed Church Service	30 8:45 Exercise Class 9:20 Christmas Banner 1:30 Pictionary				ALL ACTIVITIES WILL BE IN THE DINING ROOM UNLESS SAID OTHERWISE	