



# *Prairie Star*

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*"Quality Care with a Small Town Touch" Feb./Mar. 2011*

## Quotations by U.S. Presidents

I hope I shall possess firmness and virtue enough to maintain what I consider the most enviable of all titles, the character of an honest man. ~George Washington



A morsel of genuine history is a thing so rare as to be always valuable. ~Thomas Jefferson

If men were angels, no government would be necessary. ~James Madison

Those who deny freedom to others, deserve it not for themselves; and, under a just God, can not long retain it. ~Abraham Lincoln

This country will not be a good place for any of us to live in unless we make it a good place for all of us to live in. ~Theodore Roosevelt

## Administratively Speaking

Prairie Star

### Nothing but the Best

At Prairie Manor Care Center we put a premium on compassion and sympathy by everyone on the staff. Not every health-care facility or community does. Consider this story which actually happened: A woman who had been hospitalized for two weeks after cardiac arrest was admitted to a nursing home care center for rehabilitation.

On her first night there, she needed assistance, so her husband went to find assistance from one of the workers. "My wife could use some help getting to the bathroom," he said. "I'd do it myself but I don't want to injure her if she should fall."

"She just used the bathroom two hours ago!" came the reply from one of the assistants. "Can't you see that I'm busy with paperwork? I hope your wife isn't going to be one of those who continue to use the call-light and are always calling for help."

Actually, the wife was kind and gentle, and as of the next morning was interacting with the staff of a different facility after her husband had her moved for obvious reasons.



We can't imagine anyone being so insensitive or undiplomatic but it does happen in the real world. Our goal at Prairie Manor is to treat everyone with the respect and compassion they deserve. If we ever seem "hurried" or in a rush, help us to slow down, take a deep breath and return to our duties. It is easy to get so caught up in the tasks at hand that we sometimes forget those with whom we are caring for. We don't promise to be perfect or that we will never make a mistake but our goal is to care for those in the best way possible. We are so appreciative of those residents and family members who encourage us by their words of support and understanding. May 2011 be one of our best years of all!

Mark R. Robinson, Administrator

## From the Desk of Social Services

Prairie Star

Our Family Council Committee is a group of family members or friends of residents who want to work with the Prairie Manor staff so that together we can make Prairie Manor the best Care Center that it can be. Currently we have six family members/friends of our residents who serve as our active "Family Council Committee."

The Family Council Committee recently met with Janine McQuillan from the Elder Care Rights Alliance. Janine McQuillan is the Council Services Director for ElderCare Rights Alliance. A graduate of the University of Minnesota, Ms. McQuillan has worked directly in long-term care for 21 years. Janine was a Therapeutic Recreation Coordinator, Resident Council Liaison, and actively involved with Culture Change as a Neighborhood Coordinator. She is a member of the MN Culture Change Coalition. Janine is an excellent speaker and she speaks at conferences and provides education throughout Minnesota on: Family and Resident Councils, Communication Techniques for Elders Living with Dementia, Culture Change, Challenging Behaviors, Resident Rights, and Improving Quality of Life for Nursing Home Residents.

Janine is coming back on January 26th at 1:00 in the Heather Haus dining room to meet with family members/friends of Prairie Manor and Heather Haus residents. She will be talking about "Keeping Your Loved One Safe." By the time you read this, the meeting may have already taken place. I'm sure we will get Janine to speak again a few months down the road. I encourage you to be looking for posters and plan to attend.

The Family Council committee would really like to encourage more people to be involved in the Committee. It is not a very big time commitment, yet it is an important way to be involved and have your voice heard. If you are interested or would like more information please feel free to talk to one of the Committee members or myself. The Committee member's names and phone numbers are posted on the family bulletin board, across from the Charge Nurse office.

Thank you and Think Spring!

**Dawn Sheward, LSW  
Social Services**



## Activity Bites

As we continue to implement Culture Change throughout Prairie Manor you may have noticed some changes to our Activities schedule. Daily coffee has been moved to 2:00pm and the following activities have been moved to 1:00pm: Spiritual activities on Monday and Wednesday, cards, bowling, bingo, and card bingo. For some individuals change can be a difficult thing, so if you have any questions or concerns don't hesitate to ask. Thank you for your patience and understanding during our time of change.

**Kristin Smith, TRS**

## News from Heather Haus Senior Living

Prairie Star

Heather Haus now provides Assisted Living services to area seniors!

### Welcome New Guest

Eira Nelson

### February Birthdays

Mag Wencil..... 2/5

John Splitt..... 2/24

### March Birthdays

Gwen Christianson ..... 3/11

Berniece Hines ..... 3/13

Esther Hanson ..... 3/21



### Assisted Living & Socialization

I always refer to Assisted Living as a social model of care, as great emphasis is placed on the Life Enrichment aspect of the daily schedule of our community here at Heather Haus. It is critical to take into account the importance of socialization as we age.

A number of studies have shown how socialization can actually improve the health and lower medical needs for seniors. As seniors age, the need for socialization is even more important to help maintain overall good health. The elderly can be at risk of isolation, which can directly affect overall health and longevity.

If one spouse becomes ill, the other spouse tends to become the primary caregiver, which can consume much of their time. Caring for an ailing spouse can lead to isolation from people and activities that were once enjoyed together on a regular basis. Seniors may also face the loss of a spouse, this event often further isolates you from activities that you shared as a couple. Seniors are also at risk of decreased socialization as they age if they can no longer drive. Giving up driving for many means giving up on independence and access to the people and activities they rely on for social support.

Most communities have excellent resources for seniors to foster good health and social connection's. At Heather Haus we include exercise, bingo, outings, cards, spiritual care from numerous religious teachings, games, musical entertainment, crafts, current events, puzzles and much more, into our Life Enrichment (Activity) schedule. If your loved one is alone and/or isolated, consider coming to Heather Haus for a tour, coffee and a smile, all which will cost you nothing at all.

Looking for Respite Services for your loved one? Heather Haus has a fully furnished apartment for short term stays from 1 to 4 weeks. Caregivers can take a well deserved break and leave your loved ones in our capable hands.

For further information and/or personal tour, please call Pam Waters Housing Manager at (507) 583-7399 or e-mail to [heatherhaus1@gmail.com](mailto:heatherhaus1@gmail.com).

## Prairie Manor Auxiliary

November 29, 2010

Prairie Star

President, Kay Noble, opened the November meeting of the Prairie Manor Auxiliary and invited those attending to join in reciting the volunteer's prayer. Members and residents joined in singing the opening hymn. The representative from First Baptist Church, Carol Holmes, read the devotion about the seven wonders of the world. The roll call of those present from each area church was recorded. There were two representatives from First Baptist, five from St. Columbanus Catholic, one from Trinity Lutheran, four from Red Oak Grove Lutheran, none from St. Mary's Catholic and seven from First Lutheran. Secretary, Martha Walters, read the minutes and they were approved as read. Treasurer, Elaine Trotman submitted the financial report which showed a balance on hand to be \$1,626.42.

Mark Robinson, Administrator, reported that the information previously given in the "Prairie Star" will be printed in the Blooming Prairie Times. A limited number of "Prairie Star" issues will be distributed. They are still anticipating the arrival of the State Health Department. The auditor was here two weeks ago and will return in January. A group of employees went to Chatfield to learn how they are implementing "culture change." Chatfield employees say they enjoy the change in routine and would not go back to old ways. Prairie Manor is working towards this change. The Board of Directors has seen a video about this. The old deck has been removed. A cement patio will be poured in the spring. Things are going well at Heather Haus.



Kristen Smith, Activities Director, thanked volunteers from First Baptist Church for serving on Sundays in November and for serving coffee time today. She commented that the staff is excited about implementing the "culture change." Many activities are planned for December with the Blooming Prairie Choir singing on December 12th and the residents Christmas Party on December 20th.

Old Business: None

New Business: Kristen Smith announced that on November 30th there will be a spokesperson for elder care rights in the chapel from 1:00 pm to 2:00 pm.

Questions were raised about the limited distribution of the "Prairie Star." First Lutheran women would like to distribute them at WELCA meeting. Kristen said she will discuss it. Ardell Swenson asked who is responsible for expenses for serving on Sunday, the church or Prairie Manor. She was told the church is responsible.

Motion was made by Norma Hanson to adjourn and Ardell Swenson seconded it. The next meeting of the Auxiliary will be on January 31, 2011.

### Welcome New Guests

- Doris Halstenson ..... 11/17/10
- Hank Halstenson ..... 11/17/10
- Lola Lysne ..... 11/24/10
- Edwin Snider..... 11/24/10
- Lillian Snider ..... 11/16/10
- Eileen Heslep..... 11/29/10
- Gertrude Marquardt ..... 12/15/10
- Inez Chapman ..... 12/20/10
- Olive Simonson..... 12/22/10
- Glenda Braaten..... 12/24/10
- Lucille Hertle ..... 12/31/10
- Marianna Grimes ..... 01/05/11
- Irene Wakefield..... 01/06/11
- Marilyn King ..... 01/07/11
- Arnold Dammen..... 01/10/11



### Discharges

- Inez Chapman..... 11/23/10
- Eira Nelson ..... 12/02/10
- Palmer Schneider ..... 12/13/10
- Eileen Heslep ..... 12/15/10
- Joann Deml..... 12/30/10

### February Birthdays



- Martha Toher.....2/2
- Olive Simonson .....2/15
- Marian Becker .....2/18
- Gertrude Marquart.....2/20
- Margaret Hogan .....2/27

### March Birthdays

- Neil Hemmer .....3/6
- Irene Filley.....3/9
- Rex Brown.....3/11
- Florence Vonfeldt .....3/20
- Robert Becker .....3/23

### Sympathy to the Families of

- Bertha Mohs ..... 11/19/10
- Edwin Garness ..... 11/27/10
- Dorothy Hoag ..... 11/30/10
- Edith Ellis..... 12/13/10
- Lillian Snider ..... 12/13/10
- Madeleine Blaser..... 12/14/10
- Georgia Block..... 12/25/10
- Helen Leidal ..... 12/27/10
- Evelyn Novak ..... 01/11/11



**Memorial Fund**

**In Memory of Helen Fiebiger**

Jean Haubenschild  
Kent & Monica Hensley  
(niece to Helen)  
Family & Friends

**In Memory of Olive "Ollie" Bakke**

Family

**In Memory of Dale Peterson**

Mr. & Mrs. Kurt Blome  
Mr. & Mrs. Roger Sorenson  
Ardell Swenson

**In Memory of Anna Hillson**

Esther & Arvil Bunch  
Naomi & Darrell Erickson  
(courtyard fund)  
Tom & Elaine Trotman  
Bill & Margaret Noble  
Richard & Evelyn Kubista  
Bob & Kay Noble  
Doug & Sandra Novak  
Eileen Anderson & Karen Ahlstrom  
(H. H. bench fund)  
Family & Friends

**I Corinthians 13**

Valentine's Day is a day of love,  
For showing that we care,  
And if we read the Bible,  
God describes love there:

If we speak like celestial angels  
From heaven up above,  
All our words mean nothing  
If we don't have Christian love.

Love is patient, love is kind;  
It doesn't brag or boast;  
Love conquers pride and envy;  
It is never self-engrossed.

Love is not rude or angry;  
Forgiveness counters wrong;  
Love stays away from evil;  
It sings a truthful song.

Love is full of trust and hope;  
It always perseveres;  
Love never fails; It's faithful;  
To the Bible it adheres.

And if you give this kind of love  
To your special Valentine,  
You'll be loving right in harmony  
With God's own sweet design.