



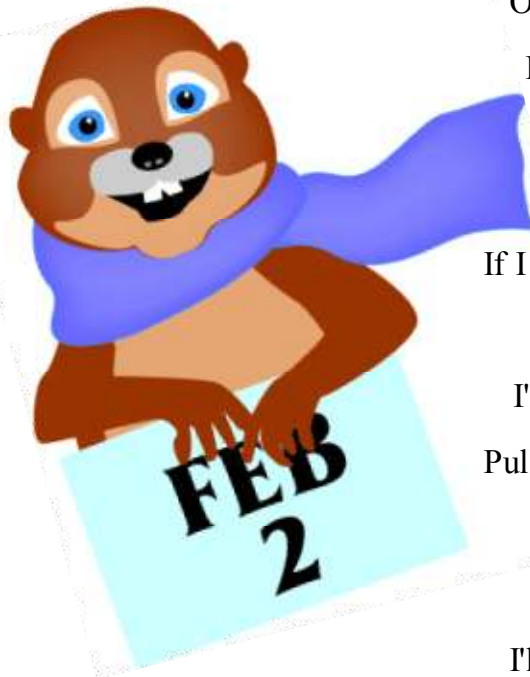
Prairie Star

Prairie Manor Inc.
220 3rd Street NW
Blooming Prairie, MN 55917
507-583-4434
www.prairiemanorinc.com

Heather Haus
223 4th Street NW
Blooming Prairie, MN 55917
507-583-7399
www.prairiemanorinc.com

"Quality Care with a Small Town Touch" Feb. 2010/Mar. 2010

Groundhog Day



Old Groundhog stretched in his leafy bed.
He turned over slowly and then he said,
"I wonder if spring is on the way,
I'll go and check the weather today.
If I see my shadow between eleven and noon,
I then will know that I'm out too soon.
I'll crawl back in bed for six weeks more,
Pull up the warm covers and snore and snore.
But if no shadow gives me a scare,
I know that spring is in the air,
I'll wake my friends and wish them cheer,
With glorious news that spring is here."

Administratively Speaking

Prairie Star

Let no one tell you that the Long Term Care Industry is stagnant and boring. There are constant changes and challenges coming our way on a weekly basis. In a recent issue of Long-Term Care Management, top trends were discussed that will change the way we do business in the near future. I would like to share portions of this article with you. Technology will continue to lead the forefront in our industry. Such advances as computer processing power, increased network bandwidth, greater availability of wireless networks and more energy efficient systems will transform long term care. There is a proposed mandate in the works that will require all electronic health records by 2014. Many vendors are eagerly working on and building new systems that are flexible and user-friendly for the new standards that will be put in place. Prairie Manor continues to monitor their hard-ware and soft-ware system(s) making sure the challenges ahead are manageable.

Another important change we will continue to face is that of resident safety. As we admit more frail adults, their safety within the health care environment becomes even greater. In the past, resident safety depended on keeping a close watch; today, technology plays a greater role. Technology may take many forms from a simple pendant system to a whole-facility monitoring solution. Keys to a safe, secure security system is to establish clear guidelines and protocol and adopt a safety training plan according to Chris Beekman of Healthcare Solutions, Lincoln, Nebraska. Telemedicine and remote monitoring of those living in the community will also see growth in the coming years. Being able to live at home and doing it safely is a priority for most elderly individuals. Knowing someone can monitor from another location and call for assistance is comforting.

Thirdly, infection control will take on new importance in the long-term care industry. New diseases and ways of combating these issues are of vital importance. With the H1N1 virus making headlines, more and more people are becoming aware of how important it is to protect yourself and others. Simple solutions such as proper hand-washing and thorough cleaning of surfaces cannot be overlooked.



Lastly, we will see a surge in wellness and proper eating habits among the elderly. Long-term facilities need to embrace a culture of wellness and making smart choices. People are starting to see the importance of proper exercise and eating habits as a pathway to better health. Exercise equipment specifically geared toward the elderly is hitting the market at a record pace. New developments, in the processing and distribution of food, are also at an all-time high. People are taking their health very serious and it is showing in the demographics as people are living longer than ever before.

Prairie Manor Care Center will continue to offer an environment which allows each resident to live life to the fullest. With the help of improved technology, environmental protection and sanitation and lifestyle changes for the betterment of your health, great things will be accomplished now and into the future.

Mark R. Robinson, Administrator

From the Desk of Social Services

Prairie Star

I will spend a little time again this month reviewing Resident's Rights.

Transfer and Discharge: You have the right to remain in the facility and refuse a transfer or discharge unless: **1)** the transfer or discharge is necessary for your welfare and your needs cannot be met in the facility; **2)** the transfer or discharge is appropriate because your health has improved so that you no longer need the facility's services; **3)** the safety of individuals in the facility is endangered; **4)** the health of individuals in the facility would otherwise be endangered; **5)** you have failed, after reasonable and appropriate notice, to pay for (or have paid under Medicare or Medicaid) a stay at the facility; or **6)** the facility ceases to operate.

When the facility transfers or discharges someone, there are several items which need to be documented and specific things that need to be included in a written statement informing you of the discharge or transfer. If you want more information about that, please feel free to talk with us.

The notice of transfer or discharge may be made as soon as practical when the transfer or discharge is for reasons (1) through (4) above or you have not resided in the facility for 30 days. In all other situations, the notice must be made at least 30 days before you are discharged or transferred.

The resident right booklet also specifies when the facility can and cannot move a resident to a different room within the facility. Feel free to talk with us if you would like more information about this.

If you ever have any questions about these or any of your rights or if you feel your rights have been violated, please feel free to talk with either Heidi Thompson or myself.

Dawn Sheward, LSW
Social Services



Activity News Bites

I would like to thank all of those who came to help the residents celebrate the Christmas Season. The residents had a busy month and everyone seemed to have a great time. We hosted our annual Christmas Party and had over 100 people who helped celebrate the day. We had entertainment provided by Christ The King Men's Choir. We hope the Holiday Season treated you all well.

On Thursday February 11, we will be crowning our 2010 Valentines Day King and Queen. We will also be hosting a Sweethearts Dinner here at Prairie Manor that Day. Please look for more notes to follow with information regarding the Valentines Day Party.

Kristin Smith, TRS

Prairie Manor Auxiliary

November 30, 2009

The November meeting of the Auxiliary was called to order by President, Joyce Trom. Members and residents joined in singing the senior version of "Jesus Loves Me", accompanied by Sandra Novak on the piano. Carol Holmes, representative from First Baptist Church gave a Thanksgiving meditation. Roll call of those present from each area church was recorded. There was one representative from First Baptist, four 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 report which showed a balance on hand to be \$1,267.33.

Mark Robinson, Administrator, introduced Lorna Craig Paulson who has been interning at Prairie Manor for the last couple of months. She has been working with him and Department Heads and is expected to put in 400 hours during her internship here. He reported that there is much to tell about happenings the last few weeks. First, the Minnesota State Health Department surveyors arrived at Prairie Manor on Monday, November 15th and completed their observations on Wednesday, Nov. 17th. The survey went very well with only seven minor deficiencies. When we receive the written report, we will have ten days to write up a plan of correction and this should be easy to do. The State Fire Marshall also arrived and he found no deficiencies. Then on Nov. 18th and 19th the auditors were here and the audit also went well. All were happy to have this all accomplished before the Thanksgiving holiday. An architect has been hired to draw up plans for remodeling the left and center wings. The Board of Directors will look over the plans and send out for bids. We hope to begin the remodeling in the first of the new year. The Board of Directors took action to convert Heather House into an Assisted Living Facility and applied for a Class F license. We will be able to provide to residents that need more services.



Kristen Smith, Activities Director thanked First Baptist Church volunteers for serving on Sundays during the month of November.



Memorial Fund

In Memory of Margaret Vaith
Children and Grandchildren

In Memory of Bennie Bishop
Virginia Bishop
Children and Grandchildren

In Memory of George Tonolli
Family and Friends



I Corinthians 13

by: Joanna Fuchs

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.

Welcome New Guests

Maurice Basness 11/18/09
 Arden Wold 12/7/09
 Virginia Motl 12/10/09
 Patricia Ille 12/17/09
 Irma Pribyl 12/21/09
 Theresa Zipse 12/22/09
 Edward Bustad 12/23/09
 Pearl Mason 12/30/09
 Jayne Nash 12/31/09

Discharges

Gladys Njos 12/1/09
 Anton "Bud" Dammen 12/2/09
 Gloria Eaker 12/20/09
 Patricia Ille 12/28/09
 Virginia Motl 12/29/09
 Jayne Nash 1/4/10
 Helen Christianson 1/7/10
 Mildred Perkins 1/11/10
 Theresa Zipse 1/16/10
 Agnes Markham 1/21/10



Sympathy to the Families of

Margaret Beck 12/09/09
 Maurice Basness 12/13/09
 Bernice Francis 12/22/09
 Arden Wold 1/12/10



February Birthdays

Martha Toher 2/2
 Lila Long 2/5
 Marian Becker 2/18
 Margaret Hogan 2/27



March Birthdays

Opal Pirkl 3/7
 Irene Filley 3/9
 Lavon Waterman 3/13
 Cecelia Madson 3/19
 Robert Becker 3/23

Save the Date

February 11, 2010
 Sweethearts Dinner and
 Crowning of our
 Valentines Day
 King and Queen