

# Prairie Star

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"Quality Care with a Small Town Touch" June/July 2011

## The Flower of Friendship

By: Helen Steiner Rice

Life is like a garden  
And friendship like a flower,  
That blooms and grows in beauty  
With the sunshine and the shower.

And lovely are the blossoms  
That are tended with great care,  
By those who work unselfishly  
To make the place more fair.

And, like the garden blossoms,  
Friendship's flower grows more sweet  
When watched and tended carefully  
By those we know and meet.



And, if the seed of friendship  
Is planted deep and true  
And watched with understanding,  
Friendship's flower will bloom for you.

## Administratively Speaking

Prairie Star

The greatest asset any organization has is the people who work there. National Nursing Home Week was recently celebrated the week of May 8th through May 14th. This is a time to recognize the important work done in Nursing Homes throughout the United States and the caregivers responsible for the care given to residents. Prairie Manor Care Center has some of the most dedicated staff one could ever want. Many of the staff continue to put resident's first and go out of their way to make residents comfortable and secure. Resident satisfaction surveys that are conducted each year continue to give high marks for the care residents receive at Prairie Manor; for this we are grateful. We must remember, our organization never shuts down and is open 24/7, there is a lot of labor and love that takes place each and every day of the year.

Most recently, the employee handbook was updated and reviewed for changes that employees need to know. On the back page a tribute is given to employees which I am honored to share with you.

You are Prairie Manor.

You are who people see when they come here.

Yours are the eyes they look into when they are frightened, lonely and confused.

Yours are the voices people hear when they walk the halls,  
when they try to sleep and when they try to forget their problems.

Yours is the intelligence in caring that people hope they will find here.

If you are wonderful, so is Prairie Manor. If you are rude, so is Prairie Manor.

No visitors or clients can ever know the real you, the you that you know is there,  
unless you let them see it. All they know is what they see and hear and experience.

All of us have a stake in your attitude and in the collective attitudes of everyone who  
works at Prairie Manor. We are judged by your performance.

We are the care you give, the attention you pay, the courtesies you extend.

Thank you for all you're doing.

Hats off to all the wonderful employees who work at Prairie Manor Care Center!!

Mark R. Robinson  
Administrator

## From the Desk of Social Services

Prairie Star

My name is Dawn Sheward and I am one of the two social workers at Prairie Manor Care Center. In June it will be 22 years that I have worked here.

If you have met me, something you will know about me is that besides being a social worker, I am also in a wheelchair. I seldom spend much time speaking about my disability but I offered to share a little bit in this article because I know people often have questions about my disability but they aren't sure if I want to talk about it.

I have a form of Muscular Dystrophy (MD) called Spinal Muscular Atrophy (SMA). There are several different forms of MD and a few different types of SMA. At birth, I was examined for the disease because my parents had two other daughters before me that had SMA. The doctors found everything to be normal at birth. My symptoms of weakness started when I was approximately 6 months old. My parents noted that I could not hold my head up as well as a child normally could at that age.

The disease progressed very slightly over my first 10 years of life but has basically remained stable since then. My two sisters died from pneumonia before I had the opportunity to meet them. I am happy to say that the disease does not affect my two brothers or any of their children and grandchildren. I have 7 nieces and nephews and 12 great nieces and nephews.

The best way for me to simply describe the disease is that it causes basically all of my muscles to be weak. Standing, lifting my Chihuahua, or even lifting my arms over my head are impossible tasks. Difficult tasks include things such as holding my head up, chewing, swallowing and brushing my hair. I am not paralyzed. A former Pastor of mine asked me years ago if I could feel. I told him I could. He said, "so basically, if I kick you, it will hurt but you won't be able to kick me back!" That's exactly right!

I don't mind talking about my disability. I just want to avoid it being the focus of my life. In college, someone forgot that I was even in a wheelchair and I really appreciated it. She planned a birthday party for a mutual friend in the basement and never wondered how I would get there! She was embarrassed for forgetting, but I praised her for seeing past my disability. My family, my husband and my co-workers are also really good at seeing me for who I am as a whole person and that is really appreciated.

**Dawn Sheward, LSW  
Social Services**

## Prairie Manor Auxiliary

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April 25, 2011

Co-president, Ardell Swenson, opened the April meeting of the Auxiliary with the volunteer's prayer. Members and residents joined in singing the opening hymn, "In the Garden". Ardell led the group in saying the Volunteer's Prayer. Sandra Novak gave a devotional reading. Roll call of those present from the different churches was taken. There was one representative from First Baptist, three from St. Columbanus Catholic, no one from Trinity Lutheran, five from Red Oak Grove Lutheran, one from St. Mary's Catholic and six from First Lutheran. Secretary, Martha Walters, read the minutes from the February meeting and they were approved as read. Treasurer Elaine Trotman gave the financial report showing a balance of \$708.72 on hand with no transactions in the past month.

Mark Robinson, Administrator, was unavailable for a report.

Kristen Smith, Activities Director, reported that the "culture change" was initiated on April 20 and it is considered a journey that they have just begun. They were not able to take a group to Diamond Joe's as planned in April. On May 8th Mother's Day will be honored and that day will mark the beginning of Nursing Home Week with special activities each day. The Senior Shop will be set up in the Chapel area on May 20th. The Dining area is in the process of being redecorated. The walls have a fresh coat of paint and window valences are being made.



Thank you to the members of the Auxiliary that served for coffee time on the Sundays of April. There will be no Auxiliary meeting in May. The newsletters will be printed in May and the church representatives can pick them up.

Old Business: The American Legion Auxiliary members will serve Sunday afternoons in May and the VFW Auxiliary members will serve the month of June.

New Business: An "Open House" date has not been set yet as the completion of projects is uncertain. Discussion about a possible fund raiser to help with some of the redecorating projects brought forth several ideas. No event was scheduled because streets in the area are being torn up and access may not be easy to Prairie Manor till late summer.

Motion was made to adjourn by Naomi Erickson and seconded by Lavonne Smith. The next meeting will be on June 27, 2011.

## News from Heather Haus Senior Living

Prairie Star

### Heather Haus, Providing Assisted Living Services to Area Seniors!

#### **Help Seniors Fight Fraud.**

Seniors are too often victimized by telemarketing fraud. Studies from the American Association of retired Persons have shown that many elderly fraud victims simply do not suspect the person soliciting money on the phone could be criminal. The FBI reports that there are as many as 14,000 illegal telemarketing operations going on at any one time. These illegal operations generate as much as \$40 billion a year. Relatives of seniors are understandably concerned, particularly if those seniors live alone and no one is around to monitor how many calls they are receiving from telemarketers. Concerned relatives can share the following information with seniors to reduce their loved one's risk of being victimized by telemarketing fraud.

#### **Legitimate marketers are not in a rush to sell products or secure donations:**

A legitimate marketer or charity will not try to pressure prospective buyers into making immediate contributions. A legitimate marketer will accept a person's desire for written information and will gladly send such information to your home.

**Payments are typically not picked up by a courier service:** Telemarketing fraudsters often employ couriers to pick up payments. Never agree to buy a product or donate money to any telemarketer who offers to send a courier to their home to pick up payment.

**Sweepstakes cannot legally require payment to win a prize:** It is not legal for contests or sweepstakes to require "winners" pay a fee before they can enter a contest or claim a prize. Seniors should be made aware that this is the law and that any contest or sweepstakes demanding payment is bogus.

**Be aware of companies offering to recover money:** Companies offering to recover past monies lost to fraud are often fraudulent themselves. These companies will offer their fraudulent services for a fee.

**Money lost to a fraudulent telemarketer is likely lost forever:** Inform your senior loved ones that money lost on a telemarketing scam is not likely to be recovered. If seniors are aware their money isn't likely to be recovered should it be going to a criminal, they are much less likely to make hasty decisions over the phone.

To learn more about fraud, visit the National Consumer League's Fraud Center at [www.fraud.org](http://www.fraud.org)

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

### Welcome New Guests

Eleanor Worke..... 3/17/11  
Ethel Christianson ..... 4/13/11  
Virginia "Ginger" Bishop 4/14/11  
Nathan Bray ..... 4/27/11  
Jean Lindboe..... 4/29/11  
Karen Linse ..... 4/29/11  
Wilma Mast..... 5/5/11  
Anton "Bud" Dammen.... 5/6/11

### Discharges

Crystal Anderson..... 3/22/11  
Harvey Ille..... 4/8/11  
Rose Hohrman ..... 4/12/11  
Ethel Christianson ..... 4/21/11  
Agnes Schaffer ..... 4/24/11



### Sympathy to the Families of

Dale Budreau ..... 3/21/11  
Leon Thompson ..... 4/24/11  
Jean Lindboe..... 4/29/11

### June Birthdays

Lola Lysne ..... 6/14  
Clinton Elton ..... 6/21  
Virginia Motl..... 6/30

### July Birthdays

Ralph Helmbrecht . 7/1  
Wilma Mast ..... 7/8  
Mary Bush..... 7/13  
Lorna Hanson ..... 7/16  
Maie Hoyer..... 7/17  
Clara Paulson ..... 7/22  
Beverly Stark..... 7/28



### Heather Haus

#### June Birthdays

Evelyn Johnson..... 6/19  
Helen Christianson..... 6/26



**Memorial Fund**

**In Memory of Irene Filley**

Robert & Kay Noble  
Dale & Rosalie Underwood –  
Auxiliary

**In Memory of Greg Sibenaller**

Eugene & Mary Trom  
Richard & Evelyn Kubista  
Clara Sibenaller

**In Memory of Crystal Anderson**

Philip & Jennifer Milton  
LaVerne & Shirley Johnson

**In Memory of Paul Cochlin**

Richard & Evelyn Kubista  
Leona Pribyl – Chapel Fund  
Adeline Cochlin – Chapel Fund

**In Memory of Robert Noble**

Margery Ilk  
Mr. & Mrs. Melvin Schmall  
Buene La Maack  
Kay Noble

**In Memory of Leon Thompson**

Kinley & Joyce Peterson

**In Memory of Jean Lindboe**

Marilynn Fiebiger

**In Honor of**

**Robert & Marian Becker**

Daniel & Barb Hartman –  
Courtyard Fund

**In Memory of**

**Dallas & Olga Powers**

Lucy Eron & John Abel

