



## *Prairie Star*

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*"Quality Care with a Small Town Touch" Dec. 2011/Jan. 2012*



**Please Join us  
for the  
Family Christmas  
Party**

**Sunday, December 11th  
1:30 p.m.  
Prairie Manor Care  
Center**

## Administratively Speaking

Prairie Star

A new law came into effect October 1, 2011 that has everyone talking in the housing-with-services industry. This new law now requires mandatory counseling for those interested in moving into a housing-with-services building such as our Heather Haus assisted living building. This law had been proposed in previous sessions but was never written into law. The intent is to save the state of Minnesota money on the belief that some people move to these settings before they need the services and that these services are too expensive. If counseling and information about alternative service options can divert some people from moving into housing-with-services, the theory is that the state will save money. This is great in theory but the law misses the mark in many ways and is reflective of a much larger problem we have in our approach to planning for long-term care, both as individuals and as a state.

The ultimate answer would be a system that empowers individuals to take greater responsibility for planning and financing their long-term care or assisted living needs, decades before they actually need any services. This not only shifts the cost burden away from state government, but more importantly it will put more control back in the hands of individuals and families. What we don't need is a bigger role for government and added bureaucracy in the form of a state mandate. If people have the money to chose where they want to live they should not have to call and be "counseled" about it.

Unfortunately, the new mandatory counseling law is all wrong, in my opinion. It requires counseling at the very last minute, when a person's needs are immediate and they are ready to move into a new setting. Rather than seeking ways to encourage individuals and families to plan for their future health-care needs, the Legislature created a larger role for government (more state workers on the payroll) that sends a disturbing message: when you become a "senior citizen" you are no longer able to make smart decisions without the government intervention.



With enough protest and angry citizens, I am sure this law will be re-examined in the next legislative session. We need to go back to the drawing board and discuss more effective ways to make it easier for Minnesotans to take more responsibility and have greater control over their long-term health needs. History has proven that government intervention into the daily decisions of our lives has produced unwanted consequences in many cases.

Mark R. Robinson, Administrator

## From the Desk of Social Services

Prairie Star

I have a lot to tell you about this month so I better get right to it! First of all, the seventh statewide Minnesota Resident Satisfaction Survey and the second statewide Minnesota Family Satisfaction Survey have started. Residents and their family members will be asked for opinions about their nursing home. The resident results will be posted on the Internet as part of a consumer guide in the Nursing Home Report Card (<http://www.health.state.mn.us/nhreportcard/>).

Specially trained interviewers from Vital Research will be interviewing a sample of our residents on Monday, November 28. They have been trained to approach residents with a wide variety of disabilities and to discontinue the interview when a resident is unable or unwilling to continue. The interviews will take approximately 20 minutes to complete and will be confidential.

A few weeks after the residents are interviewed, one family member should receive a survey in the mail from Vital Research on behalf of the Department of Human Services. Vital Research is collecting the satisfaction surveys and is not connected with any Minnesota nursing home or with the Department of Human Services, other than their work on this project. Your opinion is important. Please fill out the survey and return it in the enclosed pre-paid envelope.

If you have any questions about the statewide survey, please contact us in Social Services or Sara McCleskey at Vital Research, LLC, (888) 848-2555.



As I write this, I am also looking forward to a special Family Council meeting on November 22nd about Alzheimer's Disease. I recently did some research on Alzheimer's Support Groups in the area and would like to include it here:

Austin: Kim Gunderson (507) 433-1808 Meetings are held on the first Monday of the month, at Sacred Heart Hospice, 1200 12th St. SW, at 1:00 p.m.  
Austin: Mary Kittleson (507) 433-3462 Meetings are held on the third Thursday of the month, at Mower County Seniors, 400 3rd Ave. SE, at 10:30 a.m.  
Rochester: Linda Linbo or Kate Farrel (507) 284-8966 Meetings are held on the third Tuesday of the month, at Zumbro Lutheran Church, at 7:00 p.m.  
Owatonna: Gerise Thompson (507) 289-3950 Meeting are held on the third Tuesday of the month, at Alterra Sterling House, 334 Cedardale Drive, Owatonna  
Call ahead and talk with Renee or Patricia (507) 446-8600 HELPLINE: (800) 232-0851

**Dawn Sheward, LSW  
Social Services**

## Prairie Manor Auxiliary

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October 31, 2011

Co-president, Sandra Novak, presided over the October meeting of the Prairie Manor Auxiliary. Members and residents joined in singing "Holy God We Praise Thy Name" followed by the volunteer's prayer. The St. Columbanus representative read the meditations for the day. Roll call was taken with each attending church as follows: First Baptist-None St. Columbanus-three, Trinity Lutheran-None, Red Oak Grove-Four, First Lutheran-Six, and St. Mary's-One. Secretary, Martha Walters read the minutes. A correction was made regarding the balance in the treasury to be 1,307.59. Treasurer, Elaine Trotman, gave the new balance in the account as \$1,406.23.

Mark Robinson, Administrator, reported that the Prairie Manor Board of Directors approved the repair of the roof between the Manor and Heather Haus and that the repair has begun. The financial audit will begin on November 14th of finances up to September 30, 2011. Chuck Johnson from Albert Lea has been hired as Director of Nurses to replace Gwen Finley. A farewell party was held for her on her last day here on October 28th. We will miss her here, but wish her well in her new position. Pam Fate, Assistant Director of Nursing, will serve as the interim director until Mr. Johnson comes on November 17th. Heather Haus has received a grant which allows funds to be made available for an elderly waiver for financial assistance. There is now a mascot at Prairie Manor. It is a miniature dachshund by the name of Ottis. He is owned by Pam Fate who takes him home with her at night.

Tammy Johnson, Assistant Activity Director, reported that a large group of pre-school children came to Prairie Manor this morning dressed in their Halloween costumes. She mentioned that the residents got to enjoy a lutefisk dinner from First Lutheran Church. Residents were taken on a trip to Diamond Joe's Casino and enjoyed the ride thru the fall countryside. A group will attend the fall musical "Grease" at the Blooming Prairie High School.

Old Business: None

New Business: Nomination of officers for 2012 took place. Martha Walters was nominated for the office of Secretary, Evelyn Johnson and Ardell Swenson were nominated for Co-President and Naomi Erickson was nominated to be Vice-President. Voting will take place at the November meeting. Jean Wilke moved that those present should bring a guest to the November meeting. It was seconded by Martha Walters and approved. Discussion was held about groups serving coffee next calendar year. The months for VFW and American Legion Auxiliary will be confirmed and Women of Today will be asked to serve. The Prairie Manor officers will take any month left over. Availability of Bibles for residents or their guests was discussed. Jean Wilke will check into cost for large print ones at the Christian Book and Gift Store in Rochester and Ardell Swenson will check on the availability of Bibles from the Gideon Society.



The meeting closed with all singing "Now Thank We All Our God" Next meeting will be on November 28th, 2011.

## News from Heather Haus Senior Living

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

#### Welcome New Neighbors:

June Morgan  
Joe Rysavy  
Joanne VanWyck



#### Happy Birthday Wishes:

Merle McNutt ..... 11/14  
Kermit Leidal ..... 11/20  
Ray Beckman ..... 12/14

### November is Alzheimer's Disease Awareness Month.

#### What is Alzheimer's disease?

Alzheimer's is a brain disease that causes problems with memory, thinking and behavior. Symptoms usually develop slowly and get worse over time, becoming severe enough to interfere with daily tasks.

Alzheimer's is the most common form of Dementia, a general term for memory loss and other intellectual abilities serious enough to interfere with daily life. Alzheimer's accounts for 50 to 70% of dementia cases.

Alzheimer's is not a normal part of normal aging, although the greatest known risk factor is increasing age. Alzheimer's is not the only cause of memory loss, many people have trouble with memory – this does not mean they have Alzheimer's. If you or your loved one is experiencing symptoms, it is best to visit your doctor so the cause can be determined. Alzheimer's worsens over time as it a progressive disease, where symptoms gradually worsen over a number of years. Alzheimer's has no current cure, but treatments for symptoms are available and research continues.

#### Warning signs of Alzheimer's:

Memory loss that disrupts daily life.  
Difficulty completing familiar tasks.  
New problems with words in speaking or writing.  
Misplacing things and losing ability to retrace steps.  
Withdrawal from work or social activities.

Challenges in planning or solving problems.  
Confusion with time or place.  
Trouble understanding visual images.  
Decreased or poor judgment.  
Changes in mood and personality.

#### Help is Available.

If you or your loved one has been diagnosed with Alzheimer's, you are not alone. The Alzheimer's Association is the trusted resource for reliable information, education, referral and support to millions of people by the disease.

Alzheimer's Association 24/7 Helpline: 1-800-272-3900

Alzheimer's Association Web Address: <http://www.alz.org>

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

**Welcome New Guests**

Sylvia Swenson ..... 09/20/11  
 Hazel Petersen ..... 09/23/11  
 Verdell Distad ..... 09/26/11  
 Jerome Kraling ..... 09/28/11  
 Evelyn Beinhorn ..... 10/06/11  
 Lois Arndtson ..... 10/18/11  
 Esther Hansen..... 10/21/11  
 Mavis Harvey..... 10/21/11  
 Richard Placek ..... 11/02/11  
 Gladys Njos ..... 11/03/11  
 Albina Stebbins ..... 11/09/11

**Discharges**

Ardis Newman ..... 09/20/11  
 Joseph Rysavy ..... 09/30/11  
 Sylvia Swenson ..... 10/01/11  
 Esther Hansen..... 10/03/11  
 Hazel Petersen ..... 10/08/11  
 Jerome Kraling..... 10/19/11  
 Mavis Harvey ..... 10/31/11

**Sympathy to the Families of**

Ysabel Cervantes ..... 10/04/11  
 Donald Brown..... 10/20/11  
 Margaret Hogan ..... 11/09/11  
 Betty Ege..... 11/14/11

**December Birthdays**

Marilyn King ..... 12/06  
 Henry Halstenson ..... 12/07  
 Marie Dante ..... 12/11  
 Laura Rayman..... 12/16  
 Charles Ressler ..... 12/17  
 Violet Kollar..... 12/17  
 Eleanor Worke ..... 12/27  
 OryAnn Champlin .... 12/30



**January Birthdays**

Marie Dammen .....01/13  
 Kenneth Magee .....01/14  
 Donald Beckman .....01/18



*Note from Beauty Shop*

If there is anyone who would be interested on a volunteered basis to set Resident's hair when I am unavailable please inquire with Margaret Swenson at 583-2071. Also, please keep in mind that the Holidays are right around the corner and a gift certificates would make a nice gift for your loved one to get their hair done.



**Memorial Fund**

**In Memory of Glenda Braaten**

Thomas & Cheryl Braaten  
Ellwood & Judith Hansen  
Pam Doerhoffer  
Heidi & Marvin Thompson

**In Memory of John Christenson**

Esther & Leslie Hansen

**In Memory of Ysabel Cervantes**

Pam Doerhoffer – Courtyard

**In Memory of Donald Brown**

Pam Doerhoffer  
Ken & Lois Winzenburg

**In Memory of Michael Linse**

Roger Eaker – Chapel Fund



*Precious Memories*

*By Joanna Fuchs*

May this holiday season  
leave you with precious memories:  
A Christmas filled with love and light,  
perfect gifts, delicious foods,  
love and joy all around.  
A New Year with continuing blessings—  
friends, family, good work, great fun,  
and delightful surprises.  
Merry Christmas and Happy New Year!