



Prairie Star

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Influenza & N1H1 Vaccinations and Precautions

All of you have heard the recent news regarding the H1N1 virus. We are taking steps to prepare our staff in case of an outbreak here at Prairie Manor. We will be vaccinating our staff with the Seasonal influenza vaccine early October. Also the H1N1 vaccine will also be offered to staff when available. Residents will be given the Influenza vaccine in October. At this point, the residents are at lower risk of becoming ill with the H1N1 virus so therefore they will not be receiving this vaccine.

Recommended actions to reduce possible spread are as follows: WASH HANDS FREQUENTLY: COVER YOUR MOUTH WHEN COUGHING OR SNEEZING: STAY HOME AND LIMIT CONTACT WITH OTHERS IF FEELING ILL.

We do ask if anyone becomes ill, it is very important for you to follow simple recommendations. DO NOT VISIT if you have a fever, congestion, cough, chills, fatigue, body aches, diarrhea or vomiting. Symptoms may last 7-10 days. Visit only after you have no symptoms for minimum of 24 hrs. Also do not visit if anyone in your family is ill. You may not show symptoms for 3-5-days but you still could transmit the disease.

During the next few months, there may be a need to restrict visitors d/t an outbreak of illness. We will post signs and ask that you not visit even if you are healthy. We do encourage you to call and find out how your family member is doing.

As our medical director keeps stressing to us: WE are the ones that will bring the illness in to the residents, they do not give it to us. All of us need to do our part in preventing this potential outbreak.

If there are any questions, please call 507-583-4434

Administratively Speaking

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In our effort to collect data on how former residents view Prairie Manor, a survey is sent to individuals by our Social Services department letting them express their opinions. We usually have a high rate of return in letters that are sent out. We appreciate all comments and suggestions that are sent back. These are then shared among staff members in hopes of improving our quality of care. I would like to share what former residents and/or family members have to say about their stay at Prairie Manor.

Former resident #1

"It was a great place to be—I thoroughly would recommend it to anyone. Thanks"

Former resident #2

"I could not have asked for better all around care & the therapy and the excellent food."

Former resident #3 family comment

"You guys were great! Mom really enjoyed her stay."

Former resident #4 family comment

"We as a family were very impressed with Prairie Manor! You were so accommodating to our father by giving him his own space to continue making his clothespin crafts while he was there. That meant the world to him!"

Former resident #5

"The care was wonderful, employees were caring and a joy to talk to- maybe because I knew so many – the food was awesome. I wish I could have the recipes for the broccoli salad we had one Sunday evening – I may – even consider moving in! Just joking!"

Former resident #6

"I can't praise it enough."

Although not perfect by no means, Prairie Manor staff do their best in making each resident feel secure and comfortable in their new surroundings. The adjustment coming from your home or the hospital is traumatic. We understand that and will do all we can to help smooth the transition from community living to living under one roof with many other residents and staff.

We welcome anyone to stop and visit with staff and residents. Now that the days of summer are coming to an end and the days of sunlight getting shorter, your visit would mean so much to the residents of Prairie Manor. We are always happy to have visitors and those who decide to share their talents and skills through our volunteer program. Stop in and see what Prairie Manor can offer you!

Mark Robinson
Administrator



From the Desk of Social Services

Prairie Star

First of all, I want to thank Nels Thompson again for his presentation at the Alzheimer's Awareness program. As I write this, the program was just last night so it is very fresh in my mind. Twenty people attended the program and all the comments about the program were very positive. I really appreciated that Nels was so willing to share about his personal experiences in order to help others. If anyone has any ideas for other program topics they'd be interested in, please let me know.

I also want to remind you about our "Family Council Committee." This committee is a group of interested people 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 five family members/friends of our residents who serve as our active "Family Council Committee."

The Family Council Committee recently met with Prairie Manor's Social Services and Administration to discuss how things are going here at Prairie Manor. The Committee plans to send out a questionnaire/survey soon for families to express what they like and what they may not like about Prairie Manor. We hope many will fill out the questionnaire. Two addresses will be available for you to use to mail back the surveys. A Family Council Committee member will open the surveys.

The Family Council committee members expressed at our meeting that they 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 enjoy the Autumn colors!

Dawn Sheward, LSW
Social Services



Activity News Bites

Activities is looking for someone or a small group of people to come in every other Monday at 1:30 to lead a Bible Study Group. Please let Kristin Smith in activities know if this is something that may work. Would also like to mention that the Senior Shop will be at Prairie Manor on October 23, 2009. Again, please let Kristin Smith in activities know if you have any questions or concerns regarding the Senior Shop. I can be reached at 507-583-4434 ext 3006

Kristin Smith, TRS

Prairie Manor Auxiliary

August 31, 2009

President, Joyce Trom, called the August meeting of the Prairie Manor Auxiliary to order. Members and residents joined in singing the hymn, "Amazing Grace", accompanied by Sandra Novak on the piano. Devotions were read by the Red Oak Grove Lutheran church representative, Norma Hanson. Roll call of those present from each area church was recorded. There were no representatives from First Baptist, four from St. Columbanus Catholic, none from Trinity Lutheran, three from Red Oak Grove Lutheran, none from St. Mary's Catholic and four from First Lutheran. The minutes of the July meeting were read by the Secretary, Martha Walters. Treasurer, Elaine Trotman submitted the report which showed a balance on hand to be \$1,098.48. The only transaction the past month was the donation of \$1,000.00 to Prairie Manor to help fund the purchase of the new wide screen television for the community room.

Mark Robinson, Administrator, reported that they would be setting up security cameras in different areas. There will be two cameras in the dining room, two in the Chapel and one in each hall. They will be sending out letters to resident's families to inform them of this new security measure. The results of the feasibility study regarding a need for assisted living have been received. The study reveals that there is an overabundance of assisted living apartments in the area, but there is a need for assisted memory care units. The results will be presented to the Board of Directors on September 22nd. The State Health Department could come at any time in the near future. September is the last month of our fiscal year. Over the year there has been 93% residency.

Kristen Smith, Activities Director, thanked the volunteers from Red Oak Grove Lutheran Church that served at coffee time on Sunday afternoons in August. This month Prairie Manor residents were taken over to the Servicemen's Club for the American Legion Auxiliary "Flower Show" and luncheon. Also, some residents were able to ride up to the Steele County Free Fair. In September a "Family Fun Night" will be held. Nels Thompson will present a program on Alzheimer's awareness. There will also be dining out at the Pizza Cellar downtown. On September 1st, Dr. Strobel's daughter will present a harp recital. Thank you to Sandra Novak for playing the piano today and for church service.

New Business: Trinity Lutheran Church volunteers will be serving coffee time on Sunday afternoons and the Auxiliary meeting. Ella Benson requested a volunteer to read the meditation for Auxiliary meeting. Jean Wilke offered to do so.

The motion to adjourn was made by Kay Noble and seconded by Jean Wilke. The next meeting will be held on September 28th.



Welcome New Residents

Neelan Ferrington6/4/2009
 Anna Hillson.....7/10/2009
 Evelyn Beinhorn.....7/13/2009
 Berniece Nelson.....7/21/2009
 Ione Shorter7/31/2009
 Harriet Miner8/3/2009
 Viola "Marie" Barth8/7/2009
 Alice Yanke.....8/20/2009
 Victor Fischer.....8/24/2009
 Harold "Bud" Hansen ..8/25/2009

Discharged

Agnes Schaffer7/1/2009
 Rosemary Naatz7/15/2009
 Nolan Hartley7/23/2009
 Theresa Zipse7/25/2009
 Evelyn Beinhorn.....8/21/2009
 Viola "Marie" Barth8/28/2009
 Victor Fischer8/28/2009

Sympathy to the Family of

Dorothy Benson7/26/2009
 Mary Burzinski8/1/2009
 Senora (Delores) Tvinnereim
8/20/2009

October Birthdays

Harold Hansen 10/6
 Helen Florek 10/9
 Dale Budreau 10/11
 Mona Graff 10/22
 Ione Cole 10/24
 Bernice Francis 10/26

November Birthdays

Lilah Roberston 11/1
 Neelan Ferrington 11/8
 Blanche Trotman..... 11/9
 Betty Ege..... 11/9



Pumpkin Time

October is pumpkin time
 The nicest time of year
 When all the pumpkins light their eyes
 And grin from ear to ear.
 Because they know at Halloween
 They'll have lots of fun
 Peeking through the window panes
 And watching people run



Memorial Fund

In Memory of Rodney Nelson

Elmer & Evelyn Mees

In Memory of Dorothy Benson

Helen Christianson
Donald & Karen Kaplan
Kurtis & Barbara Blome
Sharon & Lyle Kirmis
Barbara Duel
Marilyn Fiebiger
Charles & Betty Herdina
Richard & Marg Ilk
Joanne VanWyck
John & Becky Walch
Bob & Judy Remker
Frank & Diane Vorlicek
Roger & Karen Kruger
Roger & Joanne Sorenson
Phyllis Peterson
Bob & Carol Prokopec
Ronald & Sandra Musolf
Roger Amundson
Paul & Michelle Turner
Phyllis Dandelet
Verna Kubat
Maxine Sorenson
Barbara Nelson
Tom & Elaine Trotman
Wally & Jean Wilke
Jerry & Berniece Loew
Scott & Sue Yentsch
Friends & Family



Chapel Memorials

In Memory of Dorothy Benson

Jim & Kathy Prokopec



Heather Haus

In Memory of Margaret Vaith

Merle McNutt
Esther Hansen



Auxiliary

In Memory of Dorothy Benson

Darrell & Naomi Erickson
Ardell Swenson
Tom & Martha Walters



Activity Fund

In Memory of Marilyn Srsen

Gerald & Marjorie Oxley