

July 2019

Halstad Living Center & Heritage House

Members of Lutheran Homes

133 4th Ave E, Halstad, MN 56548 phone: 218.456.2105 fax: 218.456.2290

Going on a Bike Ride

Halstad Living Center had an opportunity to go on a little biking adventure thanks to a special stop from All Ability Cycles. We had an amazing time and will soon be starting fund raising efforts to purchase a bike of our very own. If you have questions about this company or where you can make a donation please contact Jess Karstens at 218.456.2105 or hlcact@rrv.net.

HLC Highlights:

July 3, 10, 17, 24, & 31 - 4:30 pm

Catholic Mass

July 4th

Happy Independence Day!

July 8th – 2:15 pm

Read & Reminisce with Rita

July 9th – 1:30 pm

Trip to Garden Hill Farm

July 10th – 10:15 am

Communion Service with Pastor Alex

July 15th – 11:00 am

Ladies' Luncheon

July 16th – 11:30 am

Walmart Trip

July 18th – 2:00 pm

Special Music with Ron Bervig

July 23rd – 2:00 pm

LARL Legacy Event: Mississippi Harmonicas

July 26th – 7:30 am

Men's Breakfast

July 29th – 10:15 am

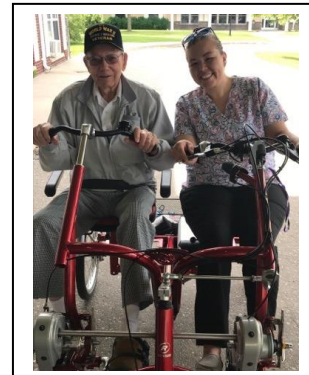
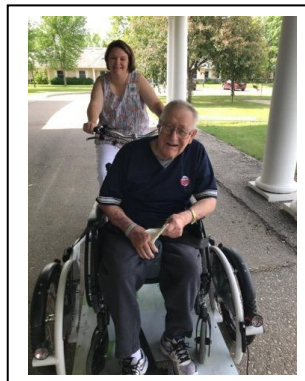
Special Music with Doug Spartz

July 30th – 2:00 pm

Special Music with the Jossund Family

July 31st – 10:15 am

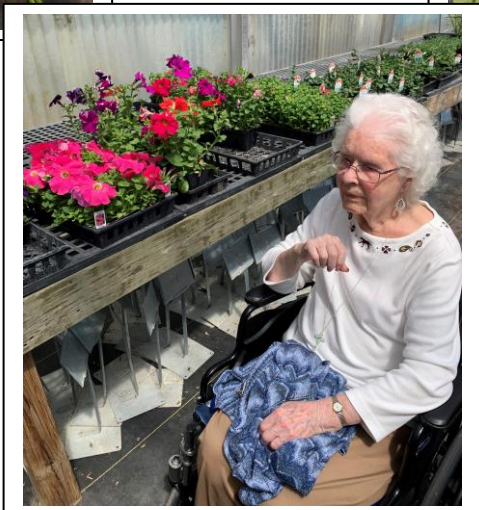
Worship Service with Pastor Caleb



Bringing Nature Home

On June 4th we had the great privilege of meeting with the amazing ladies at Laughing Earth to purchase some flowers for our raised flower beds. We enjoyed the colors, textures and scents of the green house but could have taken a rain check on the heat – a mere 110 degrees. We quickly picked our favorite flowers and then spent some time cooling off in the gift shop with glasses of water and fantastic company.

Thanks for a great visit, Laughing Earth Garden and Gift. See you next spring if not before.



A special thank you to Carole Pilcher, past resident, for her generous donation dedicated to purchasing flowers for the residents to enjoy.

Office of the Ombudsman

Have you ever heard any of the staff at HLC refer to the ombudsman? They weren't referring to a new treat in the dining room but a potentially important person for people living in long-term care.

The word "ombudsman" comes from the Swedish language meaning *legal representative*. In the United States it is used to describe a person whose job is to work as an independent consumer advocate for people living in long term care centers, boarding care homes, housing with services, assisted living, customized living, or foster care.

Ombudsmen can provide information about consumer rights, service options, and regulations that apply to long-term care facilities and in-home and community-based services. They also do investigative work to resolve individual complaints relating to quality of care services, quality of life, rights violations, access to services, service termination, discharge or eviction, and public benefits programs. These people dedicate their time to work with service providers to promote a culture of person-directed living, identify systemic issues and advocate for change.

If you would like more information about our area ombudsman please call **Lorie Paulsrud** – 218.456.2105, or the **Office of Ombudsman for Long-Term Care** at 1.800.657.3591.

There is no charge for ombudsman services.



July Birthdays

In astrology, those born July 1–22 are the Crabs of Cancer. Guided by their hearts, Crabs are emotional and nurturing. They create deep bonds and comfortable homes, and are always willing to welcome people into their circle. Those born between July 23–31 are Lions of Leo. Leos are natural leaders: intelligent, courageous, and bold. Leos' social natures also make them excellent friends.



7 th – Cindy J.	26 th – Alison
10 th – Lorie P.	26 th – Dora
14 th – Kim L.	26 th – Graydon (HH)
16 th – Mike	28 th – Bev
20 th – Lorraine K.	28 th – Dan D

Tips for Communicating with People with Dementia

Communicating with people who have dementia can be difficult at times. Here are a few tips to help improve communication.

- Use a gentle and relaxed tone of voice. Try to use friendly facial expressions as well.
- Choose simple words and short sentences.
- Allow time for a response. Let them finish what they are saying, trying not to interrupt.
- Reduce background noise. Turning off the radio or TV can be helpful and less distracting.
- Be patient. Encourage your family member to continue expressing their thoughts, even though it may be difficult. Avoid criticizing, correcting and arguing.

Making the Difference!



Angie Nelson, Administrator

Angie started working at HLC in 2008 as a Social Services Designee after working as an LPN for 13 years. She received her Bachelor's Degree in Health Management, passed the State and Federal Boards and became a licensed Nursing Home Administrator in 2013. Angie assumed the role of Administrator at Halstad Living Center in January of 2014 and has since received her national credentials as a Health Service Executive. Angie lives in Hendrum with her husband Matt, son Connor (11) and black lab Carson Wentz Nelson. She enjoys spending time with her family, watching Connor play ball, and hanging out at their lake cabin.

*"Just living is not enough,"
said the butterfly, "one must
have sunshine, freedom, and
a little flower."*



Reminders:

- Please make sure your loved one's clothing and items are labeled, even if you do their laundry. A black sharpie can do the job until their name label gets put in. Please let Jess in Activities know if something needs to be labeled.
- Bring plastic bags or sealed containers for food storage in resident rooms. We have a history of critters who like to share.
- Help keep your loved one's closet neat by cleaning it out seasonally. If you need boxes you can check with Housekeeping.
- If your loved one is missing a clothing item see Lorie in Social Services or Vickie in Housekeeping/Laundry. It might be hanging out in our unlabeled items area.



Watch your mailbox for your invitation to the **Summer Family Dinner**. It will be held **August 9th, 2019 at noon**. Unlimited guests. Please bring one dessert per resident family.