

In Case of Emergency

On Thursday, January 23, our friends at Elim Rehab & Care Center and Children's Center experienced something those of us who work in long term care have nightmares about: their building was on fire. Thankfully Elim's amazing team was able to get all 111 of their residents and 32 day care children to safety while fire fighters fought to put out the flames that started in the roof over the Children's Center. Then they began the process of finding safe places for those 111 seniors to stay.

Halstad Living Center offered our nine open beds to those who needed them and a few of our staff set out to where the residents were waiting for transportation. When we entered the building, everything seemed very calm. The residents were gathered on one side of the hallway with Elim staff scattered throughout making sure their residents' basic needs were being met. The folks managing the transport were busy matching names on lists to cards the residents carried and scanning their codes to make sure everyone got where they were supposed to be.

About four hours after arriving we were able to help six residents into our vehicles and finally, at 12:15 am, we pulled into our parking lot, got them unloaded, situated, fed and into bed. Two other residents joined us a couple of days later due to different circumstances. All they had with them was the clothes on their back and maybe their cell phone if they were lucky enough to grab it during the evacuation.

This was an incredibly stressful situation that was handled in an amazing way. Elim staff were able to follow their emergency plan and no one in their care was injured or lost. We, too, have a plan. As per the federal regulations we have a plan in place for any emergency that may impact us in our area: bomb threat, chemical spill, cold weather emergency, communication failure, electrical power outage, elopement/missing resident, facility lockdown, fire evacuation, flooding, heat and humidity, infectious disease, tornado/severe weather. We have contracts in place to provide water, fuel, generators and temporary shelter. We run drills frequently to make sure we are all aware of the plan and procedure just in case.

We hope we never have to go through what the folks at Elim did but if we do, we hope we can execute the plan with similar confidence, grace and compassion and provide the best care for our Living Center family.

February Birthdays

In astrology, those born between February 1–18 are the Water Bearers of Aquarius. As the water of life heals the land, so Aquarians are the humanitarians of the zodiac. Free-spirited, nonconformist, compassionate, and visionary, they support giving "power to the people." Those born between February 19 and 29 are the Fish of Pisces. Fish feel things deeply, as in under-the-sea deep. These intuitive, creative, and intelligent people have strong feelings of right and wrong and also love to help others.

- 3rd – Kimberly B.
- 6th – Kirsten
- 6th – Eneidy G.
- 7th – Jamie S.
- 12th – Cindy R.
- 13th – Milly
- 15th – George (HH)



Wheelchairs are meant to provide residents with independence, comfort and the capacity to enjoy life to the fullest. "Walking while sitting" is highly encouraged to maintain independence and improve leg strength. Safety measures to consider when using a wheelchair are:



- Always lock the brakes before your loved one gets in or out of their chair. If you are unsure if they can transfer independently, please push the call light for assistance.
- When pushing, please make sure that foot pedals are being used to prevent injury. They should be in the bag hanging on the back of their chair.

10 Reasons We Love Our Residents:

10. They make our work meaningful
9. They make us smile each day
8. Their strength is an inspiration
7. They remind us to treasure family & friends
6. They share words of wisdom
5. They help us to live life to the fullest
4. They always keep us on our toes
3. They brighten our days
2. We share laughs together
1. They've become part of our families



HLC Highlights

- February 5, 12, 19, & 26 – 4:30**
Catholic Mass
- February 7th – 2:00 pm**
Special Music with the Bueings
- February 10th – 2:15 pm**
Read & Reminisce with Rita
- February 12th – 10:15 am**
Communion Service with Pastor Jorgenson
- February 14th – 2:00 pm**
Special Music with Cecil, Marilyn & Helen
- February 17th – 11:00 am**
Ladies' Luncheon
- February 17th – 6:00 pm**
Karaoke with Jon & Joanne
- February 18th – 12:15 pm**
Walmart Trip - Weather Permitting
- February 19th – 10:15 am**
Worship Service with Pastor Caleb
- February 20th – 2:00 pm**
Special Music with Ron Bervig
- February 26th – 2:00 pm**
Ash Wednesday Service with Maxine
- February 27th – 2:00 pm**
Special Music with Randy Van
- February 28th – 7:30 am**
Men's Breakfast

Valentine Grams will be delivered to your loved one on Friday, February 14th during dinner at 11:00 am.



If you haven't ordered on yet, get in touch with Jess K. 218.456.2105 – hlact@rrv.net

Making the Difference!



Cassie Aronson, CNA, HSS

Cassie joined the Halstad Living Center CNA team the summer of 2013 and completed her certification for Health Support Specialist in 2019.

She spends most of her time providing personalized care for our residents but also helps out with scheduling, providing one to one visits and office assistance from time to time. Cassie says her favorite parts of working in long term care are caring for the people and hearing all of their histories. When not at work Cassie enjoys spending time with her boyfriend Reed, daughter Nayeli (12) and 6 dogs: Roxie, Zoe, CJ, Ollie, Apollo and Junior; and learning the ins and outs of owning a farmstead.

Thanks, Cassie, for making the difference!



Is someone in your life needing more assistance to be successful in activities of daily living?

Come and see what Halstad Living Center has to offer. Our 44-bed facility offers all private rooms; skilled nursing and support; licensed physical, occupational and speech therapy; meals; laundry; housekeeping; and daily events and activities. We accommodate all kinds of payment options.

Check out our website: www.halstadlivingcenter.com or contact **Lorie Paulsrud** for more information – 218.456.2105 or socialservices@rrv.net



10 Tips for HEART HEALTH

- Get plenty of exercise—at least 150 minutes a week that earns a slight sweat.
- Take preventative action to avoid diabetes: get regular blood sugar tests and reduce processed carbs.
- Stop smoking.
- Plan to lower your alcohol intake.
- Cut out saturated fats (too much can clog arteries).
- Aim for an average of seven hours of sleep per night for healthier arteries.
- Boost heart-healthy nutrition with more fruits and vegetables in your daily diet.
- If you lose weight, do it the slow-and-steady way: take in fewer calories than you burn.
- Manage your stress by incorporating a hobby that helps you relax, such as meditation or yoga.
- If you have a family history of high blood pressure (or you are simply concerned about blood pressure levels), purchase a blood pressure monitor so you can track it on a daily basis.



**Apartments Available:
1 bedroom and 2 bedroom**

Apartment Features:

- Retirement community
- Each unit has kitchen, living room, bedroom and ample storage
- One level with garages available
- Continental breakfast served daily
- Community kitchen and living room area
- Commons with fireplace and TV
- Exercise room
- Worship services in-house
- Connected to Halstad Living Center & Sanford Health
- Emergency call system and "I'm OK" program

Visit our website www.halstadlivingcenter.com or call Lorie Paulsrud at 218.456.2105 for more information



Halstad Living Center is looking for volunteers to help out in the beauty shop making our residents look their best. We need someone who would be able to come in to roller set or curl ladies' hair for about 2 hours one Monday or Tuesday morning a month. No experience necessary! If you have some extra time you are looking to fill with some amazing people please contact Jess Karstens – 218.456.2105 or hlact@rrv.net