



**Making the Difference!**



**Lorie Paulsrud, SSD**

Lorie Paulsrud has worked at HLC for over 30 years in many different roles from candy striper and nurse's aide in high school to her current job as Social Service Designee. Lorie states, "HLC is a great place to work and I appreciate my co-workers. Working in this kind of environment with other like-minded people can open the doors for new friends and mentors. Working here offers a valuable life lesson to better understand the aging process and helps you come to respect the things that people have gone through in their lives." Lorie has also had many family members choose HLC as a place to live when they needed extra care.

Lorie lives in Halstad with her husband, Randy. They have 5 children together and 9 grandchildren. Lorie enjoys traveling, relaxing at the lake and spending time with family and friends.

Thanks, Lorie, for making the difference!



**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](http://www.halstadlivingcenter.com) or call Lorie Paulsrud at 218.456.2105 for more information

**Protecting Loved Ones from Infection**

**Infections in elders can be deadly. In fact, infections are a major cause of death for elders in care facilities. What can you do to prevent these infections?**

- ♥ **Wash your hands. Clean hands are the number one defense against spreading infections.**
- ♥ **Cover your cough. If you are coughing or sneezing, do so in a tissue or your upper sleeve or elbow. Be sure to throw away your tissue and wash your hands when finished.**
- ♥ **Vaccinate yourself against the flu.**
- ♥ **Stay home if you are sick.**



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**HLC Highlights**

**March 4, 11, 18, & 25 – 10:15**

*Lenten Services*

**March 4, 11, 18, & 25 – 4:30**

*Catholic Mass*

**March 9<sup>th</sup> – 2:15 pm**

*Read & Reminisce with Rita*

**March 10<sup>th</sup> – 12:30 pm**

*Walmart Trip – weather permitting*

**March 11<sup>th</sup> – 10:15 am**

*Communion Service with Pastor Alex*

**March 12<sup>th</sup> – 2:00 pm**

*Special Music with Steve Worner*

**March 13<sup>th</sup> – 2:15 pm**

*Pizza Party with Kathy & Dennis*

**March 16<sup>th</sup> – 11:00 am**

*Ladies' Luncheon*

**March 17<sup>th</sup> – 2:15 pm**

*Shamrock Shake Social*

**March 19<sup>th</sup> – 6:00 pm**

*Family Dining by Invitation*

**March 20<sup>th</sup> – 10:00 am**

*Special Music with Doug Spartz*

**March 24<sup>th</sup> – 1:15**

*Shooting Star Casino Trip*

*– weather permitting*

**March 26<sup>th</sup> – 2:00 pm**

*Special Music with Ron Bervig*

**March 27<sup>th</sup> – 7:30 am**

*Men's Breakfast*

**March 27<sup>th</sup> – 2:15 pm**

*Girl Scout Cookie Tasting*

**VA Community Nursing Home Contract**

In June of 2018 the VA MISSION act was passed which allows independent long-term care facilities without a specific VA contract to apply to become providers for veterans. Halstad Living Center's VA Community Care Network Contract became effective 02.20.2020 and we are now able to accept veterans who qualify for long term care services through the VA system.

**What is a Community Nursing Home?**

Community Nursing Home is a place where Veterans can live full time and receive skilled nursing care any time of day or night. VA contracts with community nursing homes to care for Veterans. The Community Nursing Home program is offered in many communities so Veterans can receive care near their homes and families.

**Am I eligible for Home Based Primary Care?**

**Eligibility for a Community Nursing Home is based on clinical need and setting availability.** The VA will only pay for Community Nursing Home care if you meet eligibility criteria involving your service connected status, level of disability, and income.

If you do not meet these requirements, you will need to use your own resources to pay for nursing home care, which may include Medicare benefits and/or applying for Medicaid assistance if you cannot afford to pay.

Talk with a VA social worker about your eligibility and to figure out a plan for paying for Community Nursing Home care services.

Find out more by visiting the [Pay for Long Term Care](http://www.va.gov/Geriatrics) section at [www.va.gov/Geriatrics](http://www.va.gov/Geriatrics).

**How do I decide if a Community Nursing Home is right for me?**

Moving into a Community Nursing Home is an important decision for you and your family.

You can use a [Veteran Decision Aid for Care at Home or in the Community](http://www.va.gov/Geriatrics) to help you figure out what home care services or long term care services may best meet your needs now or in the future.

There's also a [Caregiver Self-Assessment](http://www.va.gov/Geriatrics). It can help your caregiver identify their own needs and decide how much support they can offer to you. Having this information from your caregiver, along with the involvement of your care team and social worker, will help you reach short-term and long-term care decisions.

Ask your social worker for these resources or download copies from the [Making Decisions](http://www.va.gov/Geriatrics) page at [www.va.gov/Geriatrics](http://www.va.gov/Geriatrics).

If a Community Nursing Home seems right for you, your VA social worker can help you locate options in your community.

**HOW DO YOU CELEBRATE THE VERNAL EQUINOX?**

To us, the vernal equinox signals new beginnings and nature’s renewal in the Northern Hemisphere!

Many cultures celebrate spring festivals, like Easter and Passover.

**Observe nature around you!**

Are the worms emerging from the earth? (The March Full Moon is called “The Full Worm Moon” for this very reason!)

Watch the arc of the Sun across the sky as it shifts toward the north. Birds are migrating northward, along with the path of the Sun.

Are you noticing that the days are getting longer? Did you know that the increasing sunlight is what triggers birds to sing? Cool, eh?

Are the daffodils poking up their heads? Trees, shrubs, and flowers are sensitive to temperature and day-length, too! Since ancient days, people have used them as indicators of when the weather is right for planting.

Can you feel the Sun getting stronger? The longer days bring high temperatures. Both we and the animals around us strip off our clothes and heavy coats!

Are you getting itchy to get outdoors? March is time to start gardens and sow seeds in many regions.

Are you craving fresh foods after a long winter? A Spring Tonic, using the early greens of spring, may be just the thing you need!

**Source:** <https://www.almanac.com/content/first-day-spring-vernal-equinox>

**March Birthdays**

In astrology, those born between March 1–20 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. Those born between March 21–31 are the Rams of Aries. As the first sign of the zodiac, Aries like to be number one. Bold, courageous, passionate, and somewhat impulsive, Rams dive headfirst into even the most challenging situations.



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|-------------------------------|-------------------------------|
| 1 <sup>st</sup> – Chey G.     | 15 <sup>th</sup> – Jaci R.    |
| 5 <sup>th</sup> – Jerome      | 16 <sup>th</sup> – Margaret   |
| 5 <sup>th</sup> – Jett W.     | 17 <sup>th</sup> – Ethel      |
| 9 <sup>th</sup> – Patsy       | 21 <sup>st</sup> – Fran       |
| 10 <sup>th</sup> – Julie      | 21 <sup>st</sup> – Rosanna T. |
| 10 <sup>th</sup> – Jean       | 22 <sup>nd</sup> – Jeff       |
| 11 <sup>th</sup> – Jessica V. | 25 <sup>th</sup> – Gloria R.  |
| 14 <sup>th</sup> – Jeanice B. | 30 <sup>th</sup> – Lori M.    |



*Let the good times roll!*



**Our residents put together some advice for those looking for love on Valentine’s day. We hope it helps you find luck in love if that is what you are looking for.**

- ♥ Ivan – Kiss the girls and make them cry.
- ♥ Linda – Tell them “I love you” every day!
- ♥ Dorothy – Hang in there, you’ll find somebody someday.
- ♥ Vernon – Give the girls flowers.
- ♥ Patsy – Be kind!
- ♥ Jeff – Don’t ask me for advice, I’m not “Dear Abby”.
- ♥ Mary – Make the most of it.
- ♥ Nancy – Love ‘em and leave ‘em.
- ♥ Lorraine – Give them sugar free candy.
- ♥ Bev – Just get along and be happy.
- ♥ Donna – Be kind, be careful and background check them before you get married.
- ♥ Jackie – Cherish the love you give and get.
- ♥ Fran – Enjoy your life. Be funny, goofy and love who you want.
- ♥ Jean – Have fun, love each other, love everyone.
- ♥ Eva – Have a date night every week.
- ♥ Joanne – Get to know them.
- ♥ Phyl – Don’t get married.
- ♥ Mabel – Love each other.
- ♥ Milly – Buy your Valentine a nice card.
- ♥ Elaine – Make sure you make the right choices when looking for a mate.
- ♥ Julie – Never go to bed angry.



**Being served in the Activity Room on Tuesday, March 17<sup>th</sup>, 2020 at 2:15**



**Copycat Shamrock Shake**

- 3 cups vanilla ice cream
- 1 1/2 cups 2% milk
- 1/8 teaspoon mint or peppermint extract
- 10-12 drops green food coloring
- Whipped cream and cherry for garnish

**Halstad Living Center  
Nursing Home Compare  
5 Star Rating**



<https://www.medicare.gov/nursinghomecompare/search.html?>