

# At Home

## Mille Lacs Health System Long Term Care newsletter

August 2017

### Upcoming Events

- **Gary Stacken**  
1st at 6:00 p.m.
- **Alan Godacz**  
8th at 6:00 p.m.
- **Frank Gust**  
10th at 6:15 p.m.
- **August Birthday**  
15th at 1:00 p.m.
- **Alan Lee**  
15th at 6:15 p.m.
- **Roy Billmark**  
24th at 6:15 p.m.
- **Car Show**  
31st at 1:30 p.m.

### Inside this issue:

Administration	<b>1</b>
Staff Spotlight: Kathy Kleen	<b>1</b>
Family Room	<b>2</b>
Resident Spotlight: Sandy Sparks	<b>3</b>
Reminders	<b>4</b>
August Calendar	<b>4</b>

## A Letter From Administration

### Your Opinion Matters

The **Mission** of our organization is to “assist those residing and visiting the Mille Lacs area in achieving and maintaining optimal health.” Our **Vision** is “to be the best place to give and receive care.” You may be wondering how this ties into your opinion? The mission of the organization reflects who we are and the vision reflects who we want to be. When making decisions we circle back to these two statements as a guiding principle as

well as organizational data and feedback that we receive from our patients, residents, families and any other customers.

We take all feedback very seriously as it truly helps us make decisions and/or make changes in the way that we provide services. Feedback is obtained through many avenues such as our resident satisfaction surveys, care conferences, state surveys, staff, and resident and family council committees. Our new family room is a prime example of how



**Kim Kucera**  
Long Term Care  
Administrator

your feedback makes a difference.

So in closing, I really want to encourage you to take the time to share your thoughts, because your opinion does matter and it is an important part of our **Vision** to be the best place to give and receive care.

## Meet the Our Staff Spotlight: Kathy

Our spotlight this month is on Kathy Kleen. Kathy is our Director of Nursing for LTC. She grew up in Bertha, MN and now resides in Wahkon with her husband of 34 years. They have a daughter and son-in-law who reside in Brainerd, MN. Kathy has completed four half marathons, recently being at Grandma’s Marathon in



**Kathy Kleen, R.N.**  
Director of Nursing

Duluth. She has enjoyed her nursing career of almost 40 years, beginning as a nursing assistant and working her way up. She loves being able to know the residents, their families and our amazing staff! She feels blessed to be part of such a great department!



**Family  
Room  
Hours:**

**8:00 a.m.  
to 8:00  
p.m.**

**CHECK  
it OUT**

We are excited to announce that the new family room is open! The family room has been a vision and goal of our Family Council for the last several months. This will be a work in progress as we continue to add features to the room.



**Our New Family Room Guidelines**

\*Hours: 8:00 a.m. - 8:00 p.m. (with exceptions in end-of-life care.)

\*Scheduling is done through Marianne (front desk.) There is also a calendar outside the room.

\*All residents must be supervised when going outside from the exit of the Family Room.

\*If we have a resident at the end-of-life, their families take precedence over the use of the room.

Some residents and their families have already taken this opportunity to enjoy the family room. We are hoping



that this room will get utilized for many functions including family get-togethers like birthdays or even card games.

A very big THANK YOU to our Family Council who has made this room a reality!

*Family*



## Resident Spotlight: Sandy Sparks

Our spotlight this month is on Sandy Sparks. Sandy was born in Tulsa, Oklahoma. She then grew up in San Antonio, Texas with her sister. She went through school and received her Master's Degree as a C.P.A. Sandy has three wonderful

children. She recalls her close family upbringing with a beautiful smile. Sandy enjoys painting, drawing, and sewing. She has a beautiful drawing of her son framed and hanging in her room.



Sandy Sparks



## The Comfort Box

We have made a comfort box for our residents' families and our staff. When our loved one is on their homeward journey, it is nice to have some comfort. This box includes a CD player with multiple relaxation and calming music and informational materials for families and staff to assist in navigating their loved one home.



Our comfort box for families and staff



## Lost and Found Policy

We recommend upon admission that our residents do not bring their valuables with them during their stay. We require everything to be labeled. If you do bring something in, our laundry will assist in labeling the item. If an item becomes lost or is missing, we will begin the process of investigation. Under new regulations regarding the loss of dentures, our facility has an obligation to assist in setting the resident up with follow-up care with their choice of dentistry.



**Mille Lacs Health System**

200 Elm Street North

Phone: 320-532-2736

E-mail:

asjodin@mlhealth.org

**Activities Department**

Visit our website!

<http://www.mlhealth.org>



**LTC and Lakesong Assisted living  
are hosting a car show for our residents**

on

**Thursday, August 31st at 1:30 p.m.**

**If you have a car you would like to enter into the show  
please contact:**

**Amber Sjodin, Activities Coordinator**

**320-532-2736**

**asjodin@mlhealth.org**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
August	2017	1 <b>915 Men's Sensations</b> 1030 Church: Lutheran 1120 Hangman 130 Arts and Crafts 315 Manicures 615 Gary Stacken	2 <b>915 News</b> 1030 Mass 1120 All About Horse Racing 130 Horse Racing 415 Kickball 600 MN Nat'l Parks	3 <b>915 Ladies Sensations</b> 1030 News 1120 Story Lesson 130 <b>Bingo</b> 330 Bodies in Motion 615 Lawrence Welk	4 National Champagne Day <b>915 Men's Sensations</b> 1030 <i>News</i> 1120 August Trivia 130 Patio Visits and Champagne	5 <b>915 Ladies Sensations</b> 1030 <i>News</i> 1120 Show and Tell 130 <b>Bingo</b> 230 Coffee Talk
6 <b>915 Men's Sensations</b> 1030 <i>News</i> 1120 Balloon Volleyball 130 Horse Racing 230 Coffee Talk	7 <b>915 Ladies Sensations</b> 1030 <i>News</i> 1120 Resident's Choice 130 <i>Bingo</i> 230 <i>Ice Cream Social</i>	8 <b>915 Men's Sensations</b> 1030 Church Pastor Kevin 1120 Clowning with Kerri 130 Spelling Bee 415 Words in A Word 615 Alan Godacz	9 <b>915 News</b> 1030 Mass 1120 Table Top Ball 130 Make and Taste 415 For A Good Cause 600 Large Dice Doubles	10 National S'mores Day <b>915 Ladies Sensations</b> 1030 <i>News</i> 1120 Kickball 130 <b>Bingo</b> 330 Bodies in Motion 615 Frank Gust	11 <b>915 Men's Sensations</b> 1030 <i>News</i> 1120 Hangman 130 Patio Visits	12 <b>915 Ladies Sensations</b> 1030 <i>News</i> 1120 Where Were You? 130 <b>Bingo</b> 230 Coffee Talk
13 <b>915 Men's Sensations</b> 1030 <i>News</i> 1120 Bean Bag Toss 130 Basketball 230 Coffee Talk	14 <b>915 Ladies Sensations</b> 1030 <i>News</i> 1120 Table Top Ball 130 <i>Bingo</i> 230 <i>Ice Cream Social</i>	15 <b>915 Men's Sensations</b> 1030 Church: Evan Free 1120 Resident's Choice 130 <b>Birthday Party!</b> 415 Kickball 615 Alan Lee	16 National Tell A Joke Day <b>915 News</b> 1030 Mass 1120 Jokes and Riddles 130 Horse Racing 415 Noodle Darts 600 Funny Short Movies	17 <b>915 Ladies Sensations</b> 1030 <i>News</i> 1120 Resident's Choice 130 <b>Bingo</b> 330 Bodies in Motion 615 Card Games	18 <b>915 Men's Sensations</b> 1030 <i>News</i> 1120 Chicktionary 130 Patio Visits	19 <b>915 Ladies Sensations</b> 1030 <i>News</i> 1120 Bean Bag Toss 130 <b>Bingo</b> 230 Coffee Talk
20 <b>915 Men's Sensations</b> 1030 <i>News</i> 1120 Pasttime Cards 130 Mini Golf 230 Coffee Talk	21 <b>915 Ladies Sensations</b> 1030 <i>News</i> 1120 Words in A Word 130 <i>Bingo</i> 230 <i>Ice Cream Social</i>	22 <b>915 Men's Sensations</b> 1030 Church: Lakeview 1120 Bean Bag Toss 130 Horse Racing 415 Noodle Darts 615 6-5-4 Dice	23 <b>915 News</b> 1030 Mass 1120 For A Good Cause 130 <b>Auction</b> 415 Tabletop Ball 600 Sing Along/Karaoke	24 <b>915 Ladies Sensations</b> 1030 <i>News</i> 1120 Chicktionary 130 <b>Bingo</b> 330 Bodies in Motion 615 Roy Billmark	25 <b>915 Men's Sensations</b> 1030 <i>News</i> 1120 Kickball 130 Patio Visits	26 <b>915 Ladies Sensations</b> 1030 <i>News</i> 1120 Resident's Choice 130 <b>Bingo</b> 230 Coffee Talk
27 Global Forgiveness Day <b>915 Men's Sensations</b> 1030 <i>News</i> 1120 Words in a Word 130 Horse Racing 230 Coffee Talk	28 <b>915 Ladies Sensations</b> 1030 <i>News</i> 1120 Noodle Darts 130 <i>Bingo</i> 230 <i>Ice Cream Social</i>	29 <b>915 Men's Sensations</b> 1030 Church: Alliance 1120 Calendar Review 130 Resident Council 200 Food Committee 315 Manicures 615 Horse Shoes	30 <b>915 News</b> 1030 Mass 1120 You've Got Voicemail 130 <b>Bingo</b> 330 Bodies in Motion 600 County Fair Videos	31 <b>915 Ladies Sensations</b> 1030 <i>News</i> 1120 Words in a Word 130 <b>CAR SHOW</b> 415 Balloon Volleyball 615 6-5-4 Dice		