

# At Home

Mille Lacs Health System *Long Term Care* newsletter

May 2017

## Upcoming Events

- Gary Stacken  
2nd at 6:15 p.m.
- Alan Godacz  
9th at 6:15 p.m.
- Silly Fashion Show and Mother's Day Tea  
12th at 1:30 p.m.
- Alan Lee  
14th at 6:15 p.m.
- Roy Billmark  
24th at 6:15 p.m.

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## A Letter From Administration

### Dementia and Communication Methods

As many of you know, we are striving to learn about Dementia and Alzheimer's disease and how best to care for our loved ones. In my many "decades" of nursing our care for folks with Dementia has changed dramatically. The science and study of care for dementia continues to evolve. We require our staff to have several hours of education related to Dementia each year.

One of the methods of Dementia communication is called the "Chunking Method."

What is Chunking Method? The chunking method allows for

information to be reduced in steps making the communication easier to understand. For example, rather than say "open the cupboard, take out a cup and close the cupboard" all at once, causes confusion. Instead we want to break the communication down into "steps:

"Open the cupboard", then

"Take out a cup" followed by

"Close the cupboard" (Making sure the person with Dementia has successfully finished the first step before moving on to subsequent steps).



Kathy Kleen, R.N.  
Director of Nursing

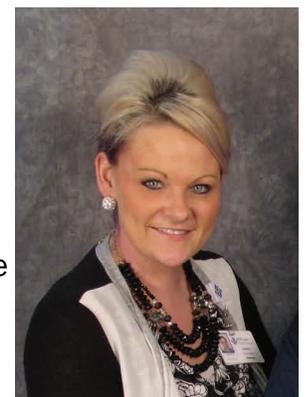
Also reminder to place yourself in front of the person and at eye level will reduce the anxiety that might occur with coming up to someone from behind or from the side.

This is one of the types of communication techniques we have identified. We continue to look for new ways and are continually educating staff.

## Meet the Activities Staff: Spotlight

Our spotlight this month is Amber Sjodin. Amber is our Coordinator for Activities. Amber lives in Ogilvie and has been married for almost 12 years. She has one son, Adam, and one daughter, Anna. She has been with MLHS for over 11 years, coming to Long Term Care

from Physical Therapy. She is currently working towards her certification as an Activity Director. Amber enjoys her time with the residents and resident families.



Amber Sjodin

# MOM

## Memories of Mother

DEAR MOM:  
EVERYTHING  
I AM

YOU HELPED  
ME TO BE.

Spring is the time of new life. It is this time that we think of our mother. We asked our residents: What are some of your memories of mother?

**Mary** remembers lots of people around and block parties in the empty lot next door. She remembers the fun times.

**Sally** recalled sitting on the porch with her mother and sister crocheting or knitting, talking about their life events. Later in life they used to take their parents out for Mother's Day.

**Ethel** grew up with 12 kids in the family. She remembers sitting on

the porch with mom while she was working on mending or sewing.

DEAR MOM:  
EVERYTHING I AM

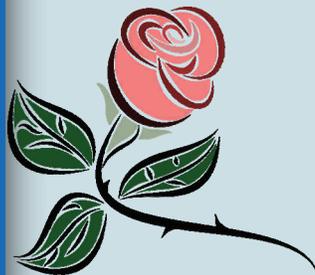
YOU HELPED ME TO BE.

## Resident Rights

*Our Residents have the right to a dignified existence, self-determination, and communication with and access to persons and services inside and outside the facility-Federal and Minnesota Resident Bill of Rights.* Have you ever thought about all the rights you have as a citizen? We still have the same rights as we enter a facility. We do not give up these rights just because we

are aging and someone has to take care of us. Our Residents deserve the same rights as we all do. These rights are defined under the combined Federal and Minnesota Resident Bill of Rights. This month's Resident right is **RESPONSIVE SERVICE.** *Residents shall have the right to a prompt and reasonable response to their questions and requests.* Our goal is to provide high

quality care to all of our Residents. Please help us ensure that we are providing the best care to your loved one. Communication and feedback is welcomed as we continue with the care here at Long Term Care.



## Resident Spotlight : Adeline Gallion

Our Resident Spotlight for May is on Adeline Gallion. Addie was born in Wood Lake, MN. She grew up in a family of 14 children! She had three children herself, two boys and one girl. She was married for 65 years. Addie enjoyed gardening, canning,

crocheting, quilting, and being a farmer's wife. She met her husband of 65 years at a barn dance and it was love at first sight! Addie has been with us at MLHS for 14 years.

It is with a heavy heart that we share that Addie passed away on April 20th.



Adeline Gallion



## **FITBITS ... who knew?**

Our nursing Our staff came up with a wonderful idea: Using Fitbits to track resident's sleep habits and the amount of steps they take in a day. What advancements technology has come up with! What are Fitbits? Fibits are a little wrist bracelet that has the technology to track certain things and record them. This record can be used as an objective measurement of the individual and may replace our manual sleep logs with increased accuracy.



**Fibits come in many different colors**

## **Severe Weather Drill**

Our facility participated in the MN severe weather drill on April 20th. As most of you know, Minnesota participates in a statewide tornado drill every year. In the past we have not had our residents participate as we did not want it interrupting their daily schedules. This year I was asked by our facility if we wanted our residents to participate, that way it will be like a real life practice. We can always say what we will do, but when we are faced with the actual issue, will we be ready? This year we will!

Before the tornado drill officially started we had an interactive link on the internet that would simulate a tornado and the damages it can do. In this simulation we could change the width and speed of the tornado. This was an opportunity for education for our residents. We went over the simulation and discussed and reminisced about weather we have seen or been in our pasts. We ran through what is expected of the staff when the severe weather alert is active. We went over what we do to keep our residents and

staff safe and then actually enacted a tornado drill. I think this really helped give our residents piece of mind that we will do our best to keep them safe!



**Marian Maas, being helped to take shelter in her room by Miranda Boser, NAR; and Krissy Ermantrout, NAR.**



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**Activities Department**

Visit our website!  
<http://www.mlhealth.org>

**Reminders:**

**Mother's Day Social and Silly Fashion Show is on May 12th. Please join us in honoring our mothers and join in a few belly laughs!**

**Our Activities calendar is online! Scroll down to the QUICKLINKS and click on LONG TERM CARE ACTIVITIES to see the calendar for the month.**

**Through feedback from the Family Council meeting we have added several more parking spots for our visitors!**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>May 2017</b>	<b>1</b> <i>915 Ladies Sensations</i> 1030 News 1120 Bodies in Motion: Arms & Legs 130 BINGO 230 Ice Cream Social	<b>2</b> <i>915 Mens Sensations</i> 1030 Church: Methodist 1120 Tabletop Ball 130 Horse Racing 415 Hangman 615 Gary Stacken	<b>3</b> 915 News 1030 Mass 1120 Chicktionary 130 Yahtzee 415 Kickball 600 6-5-4 Dice	<b>4</b> <i>915 Ladies Sensations</i> 1030 News 1120 Show and Tell 130 Bingo 415 Bowling 615 Sing a Long	<b>5</b> <i>915 Mens Sensations</i> 1030 News 1120 For A Good Cause 130 Movie and Popcorn 230 Coffee Talk	<b>6</b> <i>915 Ladies Sensations</i> 1030 News 1120 Did you know? 130 Bingo 230 Coffee Talk
<b>7</b> <i>915 Mens Sensations</i> 1030 News 1120 Devotions 130 Horse Racing 230 Coffee Talk	<b>8</b> <i>915 Ladies Sensations</i> 1030 News 1120 Bodies in Motion: Arms & Legs 130 BINGO 230 Ice Cream Social	<b>9</b> <i>915 Mens Sensations</i> 1030 Church: Lutheran 1120 Darts 130 Horse Racing 330 Manicures 615 Alan Godacz	<b>10</b> 915 News 1030 Mass 1120 Words in a Word 130 Auction 415 Kickball 600 Comedy Club	<b>11</b> <i>915 Ladies Sensations</i> 1030 News 1120 Table Top Ball 130 Bingo 400 Planting Seeds 615 6-5-4 Dice	<b>12</b> <i>915 Mens Sensations</i> 1030 News 1120 Hangman 130 Silly Fashion Show And Mother's Day Tea	<b>13</b> <i>915 Ladies Sensations</i> 1030 News 1120 Fun Facts 130 Bingo 230 Coffee Talk
<b>14</b> Mother's Day <i>915 Mens Sensations</i> 1030 News 1120 Devotions 130 Horse Racing 230 Coffee Talk	<b>15</b> <i>915 Ladies Sensations</i> 1030 News 1120 Bodies in Motion: Arms & Legs 130 BINGO 230 Ice Cream Social	<b>16</b> <i>915 Mens Sensations</i> 1030 Church: Pastor Joe 1120 Chicktionary 130 Birthday Party 415 Noodle Darts 615 Alan Lee	<b>17</b> 915 News 1030 Mass 1120 Bible Quiz 130 Horse Racing 415 Kickball 600 Discussion Cards	<b>18</b> <i>915 Ladies Sensations</i> 1030 News 1120 Table Top Ball 130 Bingo 415 Words in A Word 615 Tabletop Bowling	<b>19</b> <i>915 Mens Sensations</i> 1030 News 1120 For A Good Cause 130 Movie and Popcorn 230 Coffee Talk	<b>20</b> <i>915 Ladies Sensations</i> 1030 News 1120 Shape of the States 130 Bingo 230 Coffee Talk
<b>21</b> <i>915 Mens Sensations</i> 1030 News 1120 Devotions 130 Horse Racing 230 Coffee Talk	<b>22</b> <i>915 Ladies Sensations</i> 1030 News 1120 Bodies in Motion: Arms & Legs 130 BINGO 230 Ice Cream Social	<b>23</b> <i>915 Mens Sensations</i> 1030 Church: Lutheran 1120 Today in Politics 130 Make and Taste 330 Manicures 415 What's in the Bag? 615 Spin Baseball	<b>24</b> 915 News 1030 Mass 1120 Hangman 130 Memorial Service 415 Kickball 600 Trivia: World Test Countries	<b>25</b> <i>915 Ladies Sensations</i> 1030 News 1120 Treasure Chest 130 Bingo 400 Black Jack 615 Roy Billmark	<b>26</b> <i>915 Mens Sensations</i> 1030 News 1120 Word Wheel 130 Horse Racing 230 Coffee Talk	<b>27</b> <i>915 Ladies Sensations</i> 1030 News 1120 Mini Golf 130 Bingo 230 Coffee Talk
<b>28</b> <i>915 Mens Sensations</i> 1030 News 1120 Devotions 130 Horse Racing 230 Coffee Talk	<b>29</b> Memorial Day <i>915 Ladies Sensations</i> 1030 News 1120 Bodies in Motion: Arms & Legs 130 BINGO 230 Ice Cream Social	<b>30</b> <i>915 Mens Sensations</i> 1030 Church: Crosier 1120 Calendar Review 130 Resident Council 200 Food Committee 415 Ring Toss 615 6-5-4 Dice	<b>31</b> 915 News 1030 Mass 1120 Bible Quiz 130 Horse Racing 415 Kickball 600 You Got Voicemail			