

# At Home

Mille Lacs Health System Long Term Care newsletter

October 2018

## A Letter From Administration

### Live Entertainment

- Gary Stacken  
2nd at 6:15 p.m.
- Deb Hawkinson  
3rd 6:15 p.m.
- Alan Godacz  
9th 6:15 p.m.
- Frank Gust  
11th 6:15 p.m.
- Gary Stacken  
17th at 6:15 p.m.
- Deb Hawkinson  
18th at 6:15 p.m.
- Roy Billmark  
25th at 6:15 p.m.

### Inside this issue:

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The Mille Lacs Health Foundation, through their fundraising efforts, raised the money to purchase a new Apollo Bathing System, in support of our Long Term Care Department. This system replaced the tub on the North unit. The advantage of this new bathing system is that we can transfer a resident into the specialized chair—called a carriage—then take this chair into the tub. The chair also has a scale, which eliminates the need to transfer the resident multiple times. Holding warm water in the reservoir provides the ability to quickly fill the tub once the chair is secured. Additional features of this bathing system include whirlpool jets, specialized shampoo, body wash, and bath oil that warms on contact, and a shower head for washing hair and cleaning the tub. A state of the art ultraviolet system allows for the highest amount of cleaning and infection control. We are hoping this will also aid in keeping fragile skin clean, which is vital for proper skin care. We have started using the tub and residents have been reporting how much they like it.

Let's hear what the residents have to say about the new tub:

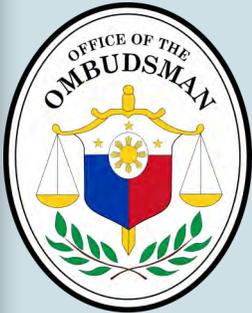
*Mary said, "Its great! It fills quickly with water. I love it!"*

*Other residents said, "We have a new tub? I want to try it out."*

If anyone would like to see the tub, ask a staff member for a tour.

*The nursing staff and residents are all excited about this new tub. Thanks to everyone who helped to plan, pick out, and install the perfect tub! It took a lot of effort by many different departments!*





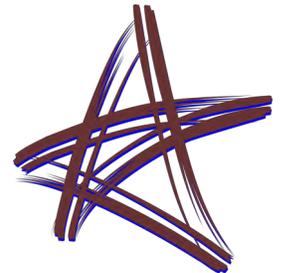
### Family Council Meeting with Ombudsman

Tiffany Carlson, our regional Ombudsman, from the Office of Ombudsman for Long Term Care, will be our guest speaker at our Family Council Meeting on **October 23rd at 4 p.m.** We encourage all friends and family to attend this meeting.

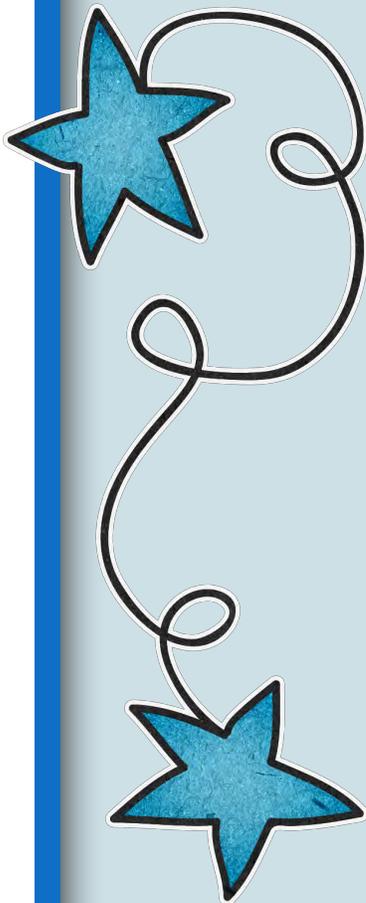
*The Office of Ombudsman for Long Term Care is a program of the Minnesota Board on Aging. Regional ombudsmen and volunteers work to enhance the quality of life and services for people receiving long-term services and supports. The program also advocates for reform in long term care through changes in state law, federal law, and administrative policy.*

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### CONGRATS JANELL HOLMQUIST, R.N., on 40 YEARS WITH MILLE LACS HEALTH SYSTEM!



Pictured Left to Right: Kim Kucera, Janell Holmquist, and Kathy Kleen





Elaine Sanderson

### Resident Spotlight: Elaine Sanderson

Our resident spotlight this month is on Elaine Sanderson. Elaine was born at home, in Borgholm Township, to Hans and Grace Starkweather Larsen. She was their 10th child. She has 14 brothers and 4 sisters. She graduated from a country school in 1941. She married the love of her life, Donald, on her 19th birthday, March 6th, 1948. They raised three children, have seven grandchildren, and 12 great-grandchildren. She is a great cook and loves hosting family gatherings. She always has cookies and bars in the freezer. She had a successful cake decorating business for many years. She loves crocheting, embroidering, and quilting. To relax, she likes puzzles, and word finds.

She has received leadership awards in 4-H, grand champion ribbons for her afghans at the county fair, and was Grandmother of the Year in 1995. Elaine lives her life to serve others. She has an infectious personality and a great sense of humor. She is generous with hugs, and always has a smile and witty comment ready.

### Staff Spotlight: J.R. Brausen



J.R. Brausen, Beautician

Our employee spotlight this month is on J.R. Brausen. J.R. is our beautician here in Long Term Care and at Lake Song Assisted Living. J.R. received her training at Regency Beauty Academy in St. Cloud. She has been a beautician for 28 years. In December, she will be celebrating her 12th year at Mille Lacs Health System. She enjoys the residents and the life lessons they teach her. J.R., you are amazing and we are thankful to have you here with us!



### DON'T FORGET!

Don't forget to sign your loved one out and back in when you take them out for the day!  
The sign in/sign out book is located at our LTC Front Desk.



# Straight From the Garden



*Residents enjoyed making creamy cucumber salad from cucumbers out of the community garden for our Make and Taste Cooking Club in September!*



## **Important Contact Numbers**

North Nurse's Station: 320-532-2724

East Nurse's Station: 320-532-2721

Memory Care Nurses: 320-532-2731

Charge Nurse AFTER HOURS: 320-532-2737

Front Desk: 320-532-2729

Social Worker: 320-532-2742

LTC Billing: 320-532-2652

Activities: 320-532-2736



## Visit our website

[www.mlhealth.org](http://www.mlhealth.org)

*200 North Elm Street, Onamia, MN 56359*