

November 2017

Upcoming Events

- Gary Stacken
7th at 6:15 p.m.
- Memorial Service
8th at 1:30 p.m.
- Fall Get-Together
13th at 1:30 p.m.
- Alan Godacz
14th at 6:15 p.m.
- Alan Lee
21st 6:15 p.m.
- Thanksgiving 23rd
- Auction 28th

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A Letter From MLHS Staff

LTC gets ready for influenza season

MLHS takes several steps to provide high quality and safe care by protecting our residents and staff from getting influenza. All MLHS employees are encouraged to get the influenza vaccine. Last year, we had 92% of our employees get vaccinated and we are off to a good start this season. In addition, those who do not get vaccinated will provide protection by wearing a mask while influenza is present in our community.

The influenza vaccine is a dead virus, so it does not cause disease. The vaccine boosts the immune system so when an immunized person is exposed to influenza, their immune system can respond right away and fight off the virus. It is very important that people with high risk of complications from influenza get vaccinated, so we also encourage all residents to be vaccinated. The vaccine we use offers protection against four strains of influenza and that is the highest level of protection available.

During influenza season, additional protection measures are added. To keep our residents safe, we ask that visitors stay home when ill. If that is not possible, we have gloves and masks available to



Vicki Engmark ,Certified Infection Control, Infection Preventionist

keep the illness from spreading. And of course, we always encourage good hand washing!

Have a safe flu season, get your vaccine, and wash your hands often!

Vicki Engmark, Certified Infection Control, Infection Preventionist



Designated Visitor Parking Spots

You'll notice several new designated parking signs for visitors at the front of our building. We have had many family concerns about being able to find a parking spot when they come to see our residents, especially during the day and early

evenings. This has been an important item with the Family Council.

These spaces are designated for visitors from 8 a.m. - 8 p.m. (Staff can park in these spots from 8 p.m. until 8 a.m. only.)

Thanks to the Facilities Department for making this happen as we strive to support our families!



New Minnesota Ombudsman

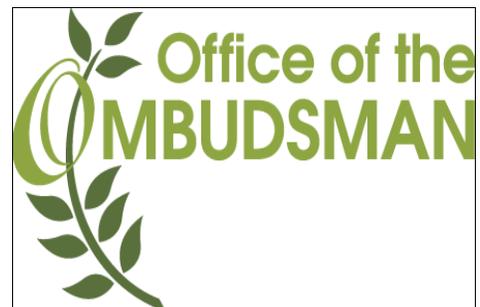
The Minnesota Office of Ombudsman has a new face! We welcome Tiffany Carlson as our Regional Ombudsman.

The role of the Ombudsman is designed to provide protection for the individual where there is a substantial imbalance of power. The Ombudsman is here to assist the residents and ensure their rights are being valued. Tiffany will come and speak with our residents during their Resident Council which is

scheduled at the end of each month.

Tiffany works out of the Brainerd offices and can be contacted at:

1-800-657-3591



Hygiene Tub Approved

The Mille Lacs Area Health Foundation has approved a new hygiene tub for Long Term Care. We will begin our selection of the tub soon, with installation in the next couple months. The residents who have had to come to the East side for a bath will no longer have to travel to the other side of the building. The new tub will be installed on the North end, giving residents on North and Memory Care more convenient access to a tub bath. Our goal is giving our residents choices and allowing for their preference.

Thank you to the Mille Lacs Area Health Foundation for all their help!



Resident Spotlight: Carla Miller

Our resident spotlight this month is on Carla Miller. Carla was born in Belmond, Iowa, and is one of five girls. She furthered her education to become an English teacher. She married her husband, Oscar, and together they started their family, having 1 son and 2 daughters.

Carla recently celebrated



her 102nd birthday and continues to enjoy life to the fullest. During her days she likes to color and has her wonderful masterpieces hanging in the hallway outside her door.

Family is important to Carla and she enjoys visits from them and proudly shares their pictures and stories with staff.



Carla Miller

Point of Care: Computer Documentation

We have begun our computer documentation system. You will see new computers installed in the hallways to allow easy access for documentation by staff. Nursing assistants will begin charting showers/baths and turning/re-positioning, and Activities will begin charting their one-to-one sessions. Nursing will then add other tasks such as intake/output and eating, and Activities will document residents' attendance. This will give our facility significantly improved communication.

Meet Our Staff: Charene Faust, N.A.R.

Our staff spotlight this month is on Charene Faust, N.A.R. Next April, Charene will celebrate working here 24 years! Charene is originally from South Dakota and her family moved to Minnesota when she was a small child. She stated that she got married later in life and was blessed with 6 step-children, 16 grandchildren, and 18 great-grandchildren. Her hobbies include crafts, reading, and family time.

She said what she likes most about her job is the interaction with the residents – getting to know and love them and to learn from their years of life. Charene shares, “There is no greater gift in the world than a smile or a hug from one of our residents.”

Thank you, Charene, for your wonderful years here at MLHS! We are honored to have you on board!



Charene Faust, N.A.R.



Visit our website at www.mlhealth.org

Sun	Mon	Tue	Wed	Thu	Fri	Sat
November		2017	1 915 News 1030 Mass 1120 Daily Chronicle 130 Horse Racing 415 Balloon Volleyball 600 Sing A Long	2 915 Ladies Sensory 1030 News 1120 Kickball 130 Bingo 330 Bodies in Motion 615 Card Game	3 915 Men's Sensory 1030 News 1120 Computer Basics 130 Hangman 230 Popcorn Social	4 915 Ladies Sensory 1030 News 1120 Chicktionary 130 Bingo 230 Coffee Talk
5 Daylight Savings Time Ends 915 Men's Sensory 1030 News 1120 Kickball 130 Horse Racing 230 Coffee Talk	6 915 Ladies Sensory 1030 News 1120 Words in A Word 130 Bingo 230 Ice Cream Social	7 Election Day 915 Men's Sensory 1030 Church: Lutheran 1120 Wacky Wordies 130 Fancy Nails 415 Bean Bag Toss 615 Gary Stacken	8 915 News 1030 Mass 1120 Chicktionary 130 Memorial Service 415 Noodle Darts 600 Lawrence Welk	9 915 Ladies Sensory 1030 News 1120 Daily Chronicle 130 Bingo 330 Bodies in Motion 615 6-5-4 Dice	10 915 Men's Sensory 1030 News 1120 Balloon Volleyball 130 Yahtzee 230 Popcorn Social	11 Veteran's Day 915 Ladies Sensory 1030 News 1120 Veteran's Day Discussion 130 Bingo 230 Coffee Talk
12 915 Men's Sensory 1030 News 1120 Charades 130 Mini Golf 230 Coffee Talk	13 915 Ladies Sensory 1030 News 1120 Resident's Choice 130 Bingo 230 The Sweet Taste of Fall: Family Get Together	14 915 Men's Sensory 1030 Church: Lutheran 1120 Daily Chronicle 130 Arts and Crafts 415 Balloon Volleyball 615 Alan Godacz	15 America Recycles Day 915 News 1030 Mass 1120 Tell Me About the Good Old Days 130 Make and Taste 415 Kickball 600 20 Questions	16 915 Ladies Sensory 1030 News 1120 Unexpected Blessings 130 Bingo 330 Bodies in Motion 615 Deb Hawkinson	17 915 Men's Sensory 1030 News 1120 Chicktionary 130 Horse Racing 230 Popcorn Social	18 915 Ladies Sensory 1030 News 1120 Noodle Darts 130 Bingo 230 Coffee Talk
19 915 Men's Sensory 1030 News 1120 Balloon Volleyball 130 Horse Racing 230 Coffee Talk	20 915 Ladies Sensory 1030 News 1120 Computer Class 130 Bingo 230 Ice Cream Social	21 915 Men's Sensory 1030 Church: Pastor Joe 1120 Easy Does It Trivia 130 Birthday Party 415 Kickball 615 Alan Lee	22 915 News 1030 Mass 1120 Words in A Word 130 Fancy Nails 415 Reminiscence Cards 600 Did You Know?	23 Thanksgiving 915 Ladies Sensory 1030 News 1120 Giving Thanks 130 Bingo 230 Coffee Talk	24 Black Friday 915 Men's Sensory 1030 News 1120 Daily Chronicle 130-300pm Auction	25 915 Ladies Sensory 1030 News 1120 Resident's Choice 130 Bingo 230 Coffee Talk
26 915 Men's Sensory 1030 News 1120 Puzzle Club 130 Basketball 230 Coffee Talk	27 915 Ladies Sensory 1030 News 1120 Chicktionary 130 Bingo 230 Ice Cream Social	28 Giving Tuesday 915 Men's Sensory 1030 Church: Pastor Kevin 1120 Daily Chronicle 130 Resident Council 200 Food Committee 415 Hangman 615 Country Legends	29 915 News 1030 Mass 1120 Resident's Choice 130 Horse Racing 415 Balloon Volleyball 600 Words in A Word	30 915 Ladies Sensory 1030 News 1120 Coloring Club 130 Bingo 330 Bodies in Motion 615 Roy Billmark	<i>*Calendar is Subject to Change</i>	