

AT HOME

Mille Lacs Health System Long Term Care newsletter

October 2017

Upcoming Events

- Gary Stacken
3rd at 6:15 p.m.
- Alan Godacz
10th at 6:15 p.m.
- Frank Gust
12th at 6:15 p.m.
- Alan Lee
17th at 6:15 p.m.
- Just For Kix Dancers
24th 6:00 p.m.
- Halloween Trick or
Treaters
3-5 p.m.

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A Letter From Our Social Worker

Understanding the psycho-social needs of residents entering into nursing home care is significant and often not understood. When asked, "How are you doing?" the most common reply from residents at MLHS LTC is, "Just fine."

Psycho-social needs are very important when assessing how to assist residents in meeting their basic needs. This includes assessing emotional and mental well-being. Being mentally and emotionally healthy means being able to cope with the effects of aging: adjusting to life changes, such as being dependent on others; losing loved ones and friends; and changes in social life. Those who feel good about the past will often cope well with aging, remaining hopeful and optimistic about the future.

Some common adjustments which occur with aging include:

Family Changes:

The family unit is a major source of satisfaction for older individuals as they enjoy the love, companionship, and achievement of their spouses, children and grandchildren. Their role

within the family has changed multiple times in their lifetime. In old age they are cared for by their children, versus the other way around.

Awareness of one's own mortality:

Not only do spouses die but friends and relatives do too. Older adults may also experience health decline, thus not being able to do what once was simple and a given. Often, older adults revisit the significance of their lives by reminiscing. They love to tell stories about their past life experiences and need to be encouraged to do so.

Declining physical reserves:

As all of us age, the wear and tear on our bodies starts to catch up with us and physical changes begin to occur. Fatigue sets in, our responses become slower, and as we age, chronic illness affects our body systems. Losing independence is a great fear seniors face and being independent is a strong value for most.

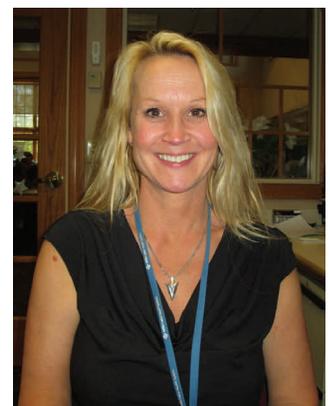
Shrinking social world for some:

Loneliness commonly occurs as a spouse becomes ill or dies. Children and grandchildren are often very busy and may reside a great distance away. Often, older adults choose not to drive, which further limits their social networks. Senses – such as hearing and seeing –

diminish, which makes communication difficult.

Think of an aging family member or friend. Which of the changes listed above do you think he or she is experiencing? Adapting to these changes is often more difficult than adapting to physical changes and chronic illness.

These are just a few thoughts that come into my mind when I have the opportunity to meet and talk with our residents here at MLHS Long Term Care. I enjoy the opportunity to visit and learn from each and every resident, as their life stories are so rich with history and meaning. If you have the opportunity, say more than, "How are you doing?" Take a few minutes to sit and visit. It's well worth it!



Judy Malmkog, S.W.



Mille Lacs Area Health Foundation

Mille Lacs Area Health Foundation would like to thank everyone who contributed in 2017 to our annual fundraising campaign. The proceeds received at our Golf Tournament, Autumn Harvest, Spring Fling, Partners in Caring, Memorial Bricks, and individual donations all helped the Foundation reach their 2017 goal of

raising \$64,000. This is exciting, because we now have the funds to complete our commitment to MLHS by helping to purchase a hygiene tub for Long Term Care and a portable x-ray machine for the Emergency Department. Mille Lacs Area Health Foundation will

continue to support MLHS and the community by committing to another fundraising campaign for 2018 and funding healthy programs in the Mille Lacs Lake area.

*-Diane Seefeld,
Foundation Director*

Wound Care Education

Two of our nurses recently attended a wound care seminar in St. Louis Park, sponsored by Health Partners. Janell Holmquist, R.N., and Katie Gerwing, R.N., completed their training on how to use the latest multidisciplinary information to provide care and optimize patients' health outcomes. They learned how to apply practical

wound evaluation, identify evidence-based methods for treatment to prevent wounds, and use of appropriate antibacterial therapy in wound management. Katie said, "This will be really helpful information when managing wound care here in LTC." Both Janell and Katie agree that this class was very applicable for those providing care in the LTC.

"The class stressed that wound care and wound healing is not a one-person job," stated Janell. "To accomplish this, it takes a team. Wounds occur for many reasons and we need to identify a cause in order to develop a plan."



Family Council Updates

Our Family Council has been busy accomplishing many new things for our facility. Some of the items they are working on are increasing visitor parking spaces, laundry concerns, and the new family room! You will also notice the new family room has a

fireplace which was purchased with assistance from the Family Council and donated funds. Families who participate in the Family Council are made aware of facility changes, staffing, and given a chance to have their concerns heard. If

you are interested in joining the Family Council, please contact Judy at 532-2742. We would love to have you join!



Family Council meets every 3-4 months on Tuesdays at 11:00 a.m. All are encouraged to attend.



Resident Spotlight:

Our resident spotlight this month is on Don Brown. Don has worked in ministry for 53 years. He and his wife, Beulah, just celebrated their 61st wedding anniversary! Together they have four children: Rodney, Randy, Rhoda, and Roxie. They have five grandchildren and three great-grandchildren.

Don was born and raised in the Hillman area and is a graduate of Onamia High School. He loves camping with the family, visiting, playing games, and gardening (especially flowers.)

Don is a sports fan as well, cheering on the Twins, the Vikings and the Packers (depending on which one is winning!)

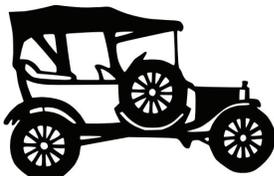
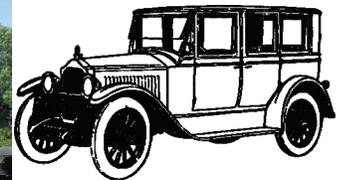


Pastor Don Brown



Car Show

Residents enjoyed a blast from the past when we had 14 cars participate in our Car Show on August 31st! The oldest car was a 1915 Model T Touring! What a sight to see and memories to recall!



Meet A Care Coordinator: Janell Holmquist, R.N.

Our spotlight this month is on Janell Holmquist, R.N., North and Memory Care Coordinator. She has been working here for 39 years, joking that she came with the building.

Janell was born here at MLHS, graduated locally and went to college, beginning as an N.A.R., then working her way to her Master's Degree in Nursing. She moved back to the area after college and continued to work here at MLHS.

She has a variety of interests including traveling, reading, and antiques. Janell loves working with residents and families and enjoys being their advocate for getting the care they deserve and making this their home. She also appreciates the care team that she works with, stating, "They make my job easier and are an awesome group."



Janell Holmquist, R.N.
Care Coordinator



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Activities Department

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

The Family Council meets every 3-4 months on Tuesdays at 11 a.m. in the family room to discuss topics about residents, facility, and staff. Are you interested in joining? Contact our Social Worker, Judy, at 320-532-2742.

**The Family Council
 will meet again
 November 14th at
 11:00 a.m.**



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 International Coffee Day 915 Men's Sensory 1030 News 1120 Kickball 130 Charades 230 Coffee Talk	2 915 Ladies Sensory 1030 News 1120 Daily Chronicle 130 <i>Bingo</i> 230 <i>Ice Cream Social</i>	3 915 Men's Sensory 1030 Church: Pastor Kevin 1120 Trivia 130 Horse Racing 415 Table Top Ball 615 Gary Stacken	4 915 News 1030 Mass 1120 Reminisc 130 Fancy Nails 415 Chicktionary 600 20 Questions	5 915 Ladies Sensory 1030 News 1120 Book of Why 130 <i>Bingo</i> 330 Bodies in Motion 615 Lawrence Welk	6 915 Men's Sensory 1030 News 1120 Computer Basics 130 Arts and Crafts 230 Popcorn Social	7 915 Ladies Sensory 1030 News 1120 Ring the Bottles 130 <i>Bingo</i> 230 Coffee Talk
8 915 Men's Sensory 1030 News 1120 Devotions 130 Target Practice 230 Popcorn Social	9 Columbus Day 915 Ladies Sensory 1030 News 1120 Columbus Day 130 <i>Bingo</i> 230 <i>Ice Cream Social</i>	10 915 Men's Sensory 1030 Church: Father Jerry 1120 Reminiscence Cards 130 Make and Taste 315 Manicures 615 Alan Godacz	11 915 News 1030 Mass 1120 Your Rights 130 Horse Racing 415 For A Good Cause 600 Old West	12 915 Ladies Sensory 1030 News 1120 Daily Chronicle 130 <i>Bingo</i> 330 Bodies in Motion 615 Frank Gust	13 915 Men's Sensory 1030 News 1120 Kickball 130 Apple Tasting 230 Coffee Talk	14 915 Ladies Sensory 1030 News 1120 Show and Tell 130 <i>Bingo</i> 230 Coffee Talk
15 915 Men's Sensory 1030 News 1120 Daily Chronicle 130 Horse Racing 230 Coffee Talk	16 915 Ladies Sensory 1030 News 1120 Words in a Word 130 <i>Bingo</i> 230 <i>Ice Cream Social</i>	17 Wear Something Gaudy Day! 915 Men's Sensory 1030 Church: Evan Free 1120 Funny Videos 130 Birthday Party 415 Noodle Darts 615 Alan Lee	18 915 News 1030 Mass 1120 52 Week Trivia 130 Fancy Nails 415 Hangman 600 Word Scramble	19 915 Ladies Sensory 1030 News 1120 Jesus Calling 130 <i>Bingo</i> 330 Bodies in Motion 615 Volleyball	20 915 Men's Sensory 1030 News 1120 Writing in the Stars 130 Bowling 230 Popcorn Social	21 915 Ladies Sensory 1030 News 1120 Word Game 130 <i>Bingo</i> 230 Coffee Talk
22 915 Men's Sensory 1030 News 1120 Jesus Calling 130 Mini Golf 230 Popcorn Social	23 915 Ladies Sensory 1030 News 1120 Kickball 130 <i>Bingo</i> 230 <i>Ice Cream Social</i>	24 915 Men's Sensory 1030 Church: Lakeview Community Church 1120 Pastimes Cards 130 Resident Council 200 Food Committee 415 Parachutes 600 Just For Kix Dancers	25 915 News 1030 Mass 1120 Let's Get Moving! Hands and Feet 130 Auction 415 Bean Bag Toss 600 Sing-A-Long	26 915 Ladies Sensory 1030 News 1120 Daily Chronicle 130 <i>Bingo</i> 330 Bodies in Motion 615 Roy Billmark	27 915 Men's Sensory 1030 News 1120 Calendar Review 130 Horse Racing 230 Coffee Talk	28 Chocolate Day 915 Ladies Sensory 1030 News 1120 What Did it Cost? 130 <i>Bingo</i> 230 Coffee Talk/ Chocolate Day
29 915 Men's Sensory 1030 News 1120 Devotions 130 Basketball 230 Coffee Talk	30 915 Ladies Sensory 1030 News 1120 Daily Chronicle 130 <i>Bingo</i> 230 <i>Ice Cream Social</i>	31 Halloween 915 Men's Sensory 1030 Church: Alliance 1120 Costume Parade 3:00-5:00 Onamia Trick or Treaters	October 2017			