

At Home

Mille Lacs Health System Long Term Care newsletter

September 2017

Upcoming Events

- **Gary Stacken**
5th at 6:15 p.m.
- **Alan Godacz**
12th at 6:15 p.m.
- **Alan Lee**
19th at 6:15 p.m.
- **Roy Billmark**
28th at 6:15 p.m.

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A Letter From Administration

State Survey Results:

You may have seen visitors to our facility during the week of July 17th. The MN Department of Health did their SURPRISE annual survey (about 6 weeks early.) This annual visit is a very stressful time as the surveyors (3-4 at a time) observe our staff and residents in all aspects of care. They actually use their watches to time actions such as how long a resident waits for food or gets repositioned. The surveyors watch for compliance to both federal and state regulations. Without continued compliance, we would risk our Medicare and Medical Assistance funding. We are excited to report that

there were no substandard care findings! The staff was amazing despite being under the microscope for 4 days. We do have some areas to address that I have listed below. You'll see reference to dining room changes that we recently started, which is mentioned in this newsletter.

Following the survey findings, we wrote an extensive plan of correction, which we are glad to report the state accepted. Staff meetings and other education have been completed. We will be doing audits on all of these findings over the next several months to make sure our actions are effective. If you want to view the



Kathy Kleen, R.N.
Director of Nursing LTC

state findings, there is a copy in our lobby. We are very proud of the survey results this year and thank our staff for all their hard work.

As of August, I'm happy to report, we no longer have agency staff. Our hope is that a consistent and regular MLHS staff will result in high resident care.

Meet a Care Coordinator: Angie Praught, R.N.

Our spotlight this month is on Angie Praught, R.N., East Care Coordinator. Angie began her career as a nursing assistant, then L.P.N. and is now an R.N. In November, she will celebrate 25 years with MLHS! She and her husband, Roger, have 3 children; Brandon, Jacob,

and Rachel. Angie loves camping and spending time with her family. She is an avid Vikings and Twins fan. When asked what she enjoys most about her job she states, "I love working with the residents and their families."



Angie Praught, R.N.

Flu Vaccinations:



Get Ready....

Flu Season is right around the corner. What do we really mean? We really mean influenza, the virus that causes a respiratory illness, NOT a stomach illness.

Influenza is a virus that spreads very easily by touching something that has the virus or inhaling the virus when somebody sneezes, coughs, or even talks. It can be spread before we even know we are ill. So, I guess you can say, "It spreads like wild fire!"

So, how do we put out that fire? Well, there is no treatment for a virus, so the best action is to prevent it. The best prevention for this type of wild fire is the **influenza vaccine!** At Mille Lacs Health System, we take this very seriously. We require all staff to have the vaccine or wear a mask to stop the spread. After we implemented this prevention program, we had a significant decline in staff and resident illness, so we know vaccinations work. We encourage all residents to get the vaccine to be protected. Please look for a letter of consent for the influenza vaccine in the mail within the next few weeks.

Vicki Engmark, B.S. RRT, CPFT, AE-C

Infection Control Officer, Respiratory Therapy and Sleep Lab Manager

Clean Hands Campaign

DID YOU KNOW?

The CDC recommends 15-20 seconds of vigorous handwashing with soap and water to effectively kill germs, but only 5% of people wash their hands for 15 seconds or more.

Our **Clean Hands Campaign** is going strong! All staff and residents can be part of this club. Just wash your hands!!! Our facility will be participating in regular observations and reminders of the importance of washing our hands.



Prevent the spread of influenza, get vaccinated!



Resident Spotlight: Gene Eggen

Our spotlight is on Gene Eggen. Gene is originally from the Milaca area, growing up with 11 other siblings! He and his wife, Carol, just celebrated 60 years of marriage. They have 3 sons and 1 daughter, 13 grandchildren and 20 great-grandchildren! Gene served in the Army as a lieutenant commander and later worked as a bricklayer. He loves all sports and music. Gene still loves to listen to music in the evenings and especially enjoys when his brothers come here to play!



Dining Room Changes:

At the end of August we revised our dining room services in the main dining room. In order to decrease interruptions to the dietary employee serving food, we will generally have two people in the kitchen managing the meal tickets and serving food. We will also seat residents before we take their meal tickets. We hope by changing the initial process in the dining room, we'll be able to serve residents more timely, lessen the congestion in the entrance of the dining room, and make a more social dining experience for the residents. If you have suggestions on how we might improve the resident dining experience, please mention it to one of our staff.



Spelling Bee

Residents joined Bernie Weitalla for a Spelling Bee in August. What fun they had, and what good spellers we have here! It took more challenging

words to stump our residents!

Congratulations to our Spelling Bee winners:

Evelyn Hoemann - 1st place

Marian Maas - 2nd place



Spelling Bee Winners:

Marian Maas (L); Evelyn Hoemann (R)



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

Laundry

In order to ensure efficient laundry services, we encourage residents and families to have all of their loved ones' clothes labelled. Please bring any clothing to our laundry facility to be labelled. Thank you for your cooperation!



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<i>Calendar is subject to change</i>	SEPTEMBER 2017				1 915 Men's Sensations 1030 News 1120 For A Good Cause 130 Patio Visits	2 915 Ladies Sensations 1030 News 1120 Words in A Word 130 Bingo 230 Coffee Talk
3 915 Men's Sensations 1030 News 1120 Noodle Darts 130 Horse Racing 230 Coffee Talk	4 LABOR DAY 915 Ladies Sensations 1030 News 1120 Ring the Bottles 130 Bingo 230 Ice Cream Social	5 915 Men's Sensations 1030 Church: Methodist 1120 What Did It Cost? 130 Make and Taste 415 Black Jack 615 Gary Stacken	6 915 News 1030 Mass 1120 Uplifting Words 130 Horse Racing 415 Ring Toss 600 Princess Diana	7 915 Ladies Sensations 1030 News 1120 School Day Reminisce 130 Bingo 330 Bodies in Motion 615 6-5-4 Dice	8 915 Men's Sensations 1030 News 1120 Resident's Choice 130 Patio Visits	9 915 Ladies Sensations 1030 News 1120 Come Fly with Me 130 Bingo 230 Coffee Talk
10 GRANDPARENTS DAY 915 Men's Sensations 1030 News 1120 A Legacy of Wisdom 130 Mini Golf 230 Coffee Talk	11 915 Ladies Sensations 1030 News 1120 Words in A Word 130 Bingo 230 Ice Cream Social	12 915 Men's Sensations 1030 Church: Lutheran 1120 Resident's Choice 130 Arts and Crafts 315 Manicures 615 Alan Godacz	13 915 News 1030 Mass 1120 For A Good Cause 130 Horse Racing 415 Neuschwanstein Castle 600 Large Dice Doubles	14 915 Ladies Sensations 1030 News 1120 Noodle Darts 130 Bingo 330 Bodies in Motion 615 6-5-4 Dice	15 915 Men's Sensations 1030 News 1120 Kickball 130 Patio Visits	16 915 Ladies Sensations 1030 News 1120 Where Were You? 130 Bingo 230 Coffee Talk
17 915 Men's Sensations 1030 News 1120 Kickball 130 Horse Racing 230 Coffee Talk	18 915 Ladies Sensations 1030 News 1120 Words in A Word 130 Bingo 230 Ice Cream Social	19 915 Men's Sensations 1030 Church: Pastor Joe 1120 The Glories of Fall 130 Birthday Party 415 Puzzle Club 615 Alan Lee	20 915 News 1030 Mass 1120 Resident's Choice 130 Auction 415 Ring the Bottles 600 Bandana Fun	21 915 Ladies Sensations 1030 News 1120 Show and Tell 130 Bingo 330 Bodies in Motion 615 6-5-4 Dice	22 FIRST DAY OF AUTUMN 915 Men's Sensations 1030 News 1120 Autumn Trivia 130 Patio Visits	23 915 Ladies Sensations 1030 News 1120 Noodle Darts 130 Bingo 230 Coffee Talk
24 915 Men's Sensations 1030 News 1120 For A Good Cause 130 Horse Racing 230 Coffee Talk	25 915 Ladies Sensations 1030 News 1120 Words in A Word 130 Bingo 230 Pie Social	26 915 Men's Sensations 1030 Church: Lutheran 1120 Resident's Choice 130 Resident Council 200 Food Committee 315 Manicures 615 Horse Shoes	27 915 News 1030 Mass 1120 Calendar Review 130 Rockology 415 Noodle Darts 600 History's Mysteries	28 GOOD NEIGHBORS DAY 915 Ladies Sensations 1030 News 1120 Good Neighbors 130 Bingo 330 Bodies in Motion 615 Roy Billmark	29 915 Men's Sensations 1030 News 1120 Table Top Ball 130 Patio Visits	30 915 Ladies Sensations 1030 News 1120 Kickball 130 Bingo 230 Coffee Talk