

# At Home

## Mille Lacs Health System Long Term Care newsletter

February 2018

### Upcoming Events

- **Gary Stacken**  
6th at 6:15 p.m.
- **Frank Gust**  
8th at 6:15 p.m.
- **Alan Godacz**  
13th 6:15 p.m.
- **Deb Hawkinson**  
15th at 6:15 p.m.
- **Alan Lee**  
20th at 6:15 p.m.
- **Roy Billmark**  
22nd at 6:15 p.m.

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## A Letter From Our Cardiac Therapist

February – Heart Month



The news is jam-packed with recommendations on how to keep our hearts as healthy as possible. Many people know *what* to do, but sometimes we run out of the *will* to keep up the healthy motivation. In this article, we will provide an overview of the “*what to do*” and then will list some strategies of “*how to keep it up!*”

### What to do to prevent heart disease:

- **Eat heart healthy foods** – 4-5 servings of vegetables – 2 vegetables at each meal and one snack; 2-3 servings of fruit; and start by cutting fatty, salty, or sugary foods servings in half.
- **Stay active** – 30 minutes or more a day of activity.

Focus on what you CAN do, not on what you CANNOT. So, if you cannot walk, maybe you can use your arms to keep active, such as folding clothes, putting items away, or doing the exercises you can tolerate with the exercise groups at Mille Lacs Health System.

- **Know your numbers** – Blood pressure, blood sugar, and weight.

Ask your healthcare provider what your blood pressure, blood sugar and weight should be and how to keep these numbers at the right level.

- **Take your medicines as prescribed.** – Do not stop medicines without talking to your healthcare provider!
- **Restful Sleep** –many people have trouble sleeping. Try the following ideas to get 6-8 hours a night: Don’t watch the clock at night— position your clock so that it is out of view at bedtime.

When you are ready to go to sleep, take 3-5 deep breaths and breathe out slowly. This truly helps your heart, your brain, and your pain levels to calm down.

- **Notify the staff if you experience any of the following:** chest pain, trouble breathing, or dizziness.

Next month, we will discuss how to keep up your healthy actions! Have a Happy Heart Month!

Michelle Herron, R.N. Cardiac Services



## Volunteering Helps Decrease Stress

Did you know that volunteering helps decrease stress levels? Volunteering helps reduce stress in many ways.

- **Distraction makes stress dissipate:** *Sometimes you simply need to be distracted in order to forget about the stress you face each day.*
- **Finding a new focus helps:** *Being able to focus on something else is the main reason why volunteering helps to lower stress levels.*
- **Learning the lesson of gratitude:** *Being grateful means forgetting your stress and enjoying life.*

In Long Term Care we are looking for volunteers who would like to help out with certain tasks such as assisting with bingo, crafting time, reading, or having a simple conversation with our residents. Contact Amber Sjodin, Activities Director at 320-532-2736, or stop by the Activities office for more information.

*Learning the lesson of gratitude*



## Vulnerable Adult Reporting

Abuse is unacceptable.

The Minnesota Vulnerable Adult Act defines maltreatment as:

- Abuse — including physical, emotional and sexual abuse, use of restraints, involuntary seclusion or punishment.
- Neglect — including failure to provide necessary food, shelter, clothing, health care or supervision because of neglect by a caregiver or because the vulnerable adult cannot meet their own needs.
- Financial exploitation — including theft or withholding of money or property and/or use of money or property not for the vulnerable adult's benefit.

Our staff at Mille Lacs Health System receives required training for vulnerable adult protection and, as mandated reporters under state law, are required to submit a report if staff believes that abuse, neglect or financial exploitation of a vulnerable adult has occurred. We have a strong record of both reporting and investigating maltreatment, including involving law enforcement if necessary.

Our dedication and commitment to ensuring the health, safety and wellness of our residents remains our number one priority. Please do not hesitate to contact me at 320.532.2742, or stop by my office if you have any questions or concerns.

Judith Malmskog, LSW,  
Long Term Care

## ELDER ABUSE

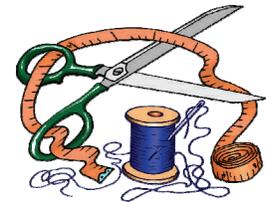


### Resident Spotlight: Arlene Harms

Our resident spotlight this month is on Arlene Harms. Arlene was born in Foley, MN, later moving to the Isle area. She married her husband, Verne, and raised two children. She enjoys bingo, movies, and playing cards. She also enjoys embroidery.



Arlene Harms



### Staff Spotlight: Tim Hegedus

Our staff spotlight this month is on Tim Hegedus. Tim is originally from the Anoka area, moving to the Onamia area around 1987. He helped create Heggies Pizza, a successful business in our area. He has three wonderful boys and an amazing stepdaughter. He has worked here for almost 6 years as a

Registered Nursing Assistant (N.A.R.) and Trained Medication Aide (T.M.A.) Tim states that he absolutely loves what he does. One of the things that he enjoys most about working at MLHS is the people he works with and the residents that live here.



Tim Hegedus

### Go Red For Women



The 1st Friday of February is *American Heart Association's Go Red for Women Day*. Every year this day raises awareness about heart disease, which is the number one killer of women. This cause challenges women to know the risk for heart disease and take action to reduce their personal risk. Friday, February 2nd is *Go Red for Women Day*. Wear red, and support the lovely women in your

### Resident Sign In/Out Book



Please make sure that you are signing your loved one out every time they leave the building. It is important to know where our residents are at all times, especially in cases of an emergency. Please check with nursing before taking a resident out so we can ensure that their medication needs are met while they are away. The book is located at the front desk. Please write the date and resident's name, as well as the time out and what time they are expected back. Thank you for your follow-through.

## Congratulations to this year's St. Francis Nominees representing Long Term Care!



Sherry Hatch-Activities Professional (left)

Maranda Boser-N.A.R. (middle)

Krissy Ehrmantrout, N.A.R. (right)

It is an honor to be a nominee for the St. Francis Award. Nominees demonstrate our MLHS values and the words of the St. Francis prayer. We are so proud that they were recognized this year!

**New carpeting** for our Activities Department will be installed sometime in February. The installation will take up to 4 days. During this time all infection control precautions will be taken to ensure resident safety with dining. Our Activities Department access will be closed and activities will take place in the family room.



**Mille Lacs Health System**

### **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

| Sun  | Mon  | Tue   | Wed   | Thu   | Fri  | Sat  |
|--|--|---|---|---|--|--|
|  | <b>Feb.</b>  | <b>2018</b>   |   | <b>1</b><br><b>930 Ladies Sensory</b><br><b>1030 Hawaii Nat'l Park</b><br><b>1120 Reminisce Cards</b><br><b>130 Bingo</b><br><b>400 Groundhog Predictions</b><br><b>600 Movie Night</b> | <b>2 Groundhog Day</b><br><b>930 Men's Sensory</b><br><b>1030 News</b><br><b>1120 Words in a Word</b><br><b>130 Finish Movie and Discussion</b>                              | <b>3</b><br><b>930 Ladies Sensory</b><br><b>1030 Daily Chronicle</b><br><b>1120 Norman Rockwell Remembered</b><br><b>130 Bingo</b><br><b>230 Coffee Talk</b> |
| <b>4 SUPERBOWL</b><br><b>930 Men's Sensory</b><br><b>1030 Vikings Stadium Tour</b><br><b>1120 Football Toss</b><br><b>130 Horse Racing</b><br><b>230 Coffee Talk</b> | <b>5</b><br><b>930 Ladies Sensory</b><br><b>1030 News</b><br><b>1120 Travel Trivia Cost</b><br><b>130 Bingo</b><br><b>230 Ice Cream Social</b>                   | <b>6</b><br><b>930 Men's Sensory</b><br><b>1030 Church</b><br><b>1120 Our Country</b><br><b>130 Make and Taste</b><br><b>415 Balloon Volleyball</b><br><b>615 Gary Stacken</b>                        | <b>7</b><br><b>930 News</b><br><b>1030 Mass</b><br><b>1120 The Presidents</b><br><b>130 Crafting Corner: Valentines</b><br><b>415 Bean Bag Toss</b>   | <b>8</b><br><b>930 Ladies Sensory</b><br><b>1030 Show and Tell</b><br><b>1120 This Means War!</b><br><b>130 Bingo</b><br><b>330 Bodies in Motion</b><br><b>615 Frank Gust</b>           | <b>9 Opening Ceremony</b><br><b>930 Men's Sensory</b><br><b>1030 South Korea</b><br><b>1120 Winter Olympic Coverage</b><br><b>130 Horse Racing</b><br><b>230 Coffee Talk</b> | <b>10</b><br><b>930 Ladies Sensory</b><br><b>1030 News</b><br><b>1120 Why?</b><br><b>130 Bingo</b><br><b>230 Coffee Talk</b>                                 |
| <b>11</b><br><b>930 Men's Sensory</b><br><b>1030 Tabletop Ball</b><br><b>1120 Hangman</b><br><b>130 Cupcake Contest Baking</b>                                       | <b>12</b><br><b>930 Ladies Sensory</b><br><b>1030 Name That "Heart" Tune</b><br><b>1120 Mad Libs</b><br><b>130 Bingo</b><br><b>230 Ice Cream Social</b>          | <b>13 Mardi Gras</b><br><b>930 Men's Sensory</b><br><b>1030 Church</b><br><b>1120 News</b><br><b>130 BIRTHDAY PARTY</b><br><b>415 Snowball Throw</b><br><b>615 Alan Godacz</b>                        | <b>14 VALENTINE'S DAY</b><br><b>ASH WEDNESDAY</b><br><b>930 News/ Ash Wednesday</b><br><b>1030 Mass</b><br><b>1120 Hug &amp; Kisses Cart</b><br><b>130 Valentines Party</b><br><b>345 Onamia Children</b><br><b>600 Brad Ruins Reality TV</b> | <b>15</b><br><b>930 Ladies Sensory</b><br><b>1030 Florida Nat'l Park</b><br><b>1120 Word Game</b><br><b>130 Bingo</b><br><b>415 Kickball</b><br><b>615 Deb Hawkinson</b>                | <b>16</b><br><b>930 Men's Sensory</b><br><b>1030 News</b><br><b>1120 Bird Watching</b><br><b>130 Feathered Friend Scavenger Hunt</b><br><b>230 Coffee Talk</b>               | <b>17</b><br><b>930 Ladies Sensory</b><br><b>1030 First Lady Who am I?</b><br><b>1120 Penny Toss</b><br><b>130 Bingo</b><br><b>230 Coffee Talk</b>           |
| <b>18</b><br><b>930 Men's Sensory</b><br><b>1030 Tabletop Ball</b><br><b>1120 Cranium Crunches</b><br><b>130 Horse Racing</b><br><b>230 Coffee Talk</b>              | <b>19 President's Day</b><br><b>930 Ladies Sensory</b><br><b>1030 News</b><br><b>1120 Presidential Trivia</b><br><b>130 Bingo</b><br><b>230 Ice Cream Social</b> | <b>20</b><br><b>930 Men's Sensory</b><br><b>1030 Church</b><br><b>1120 What Really Happened</b><br><b>130 1:1 Programming</b><br><b>415 Name that Bird Call</b><br><b>615 Alan Lee</b>                | <b>21</b><br><b>930 News</b><br><b>1030 Mass</b><br><b>1120 The Real Truth</b><br><b>130 1:1 Programming</b><br><b>415 Balloon Volleyball</b><br><b>600 Tour the USA</b>  | <b>22</b><br><b>930 Ladies Sensory</b><br><b>1030 Calendar Review</b><br><b>1120 Brad Ruins Diets</b><br><b>130 Bingo</b><br><b>330 Bodies in Motion</b><br><b>615 Roy Billmark</b>     | <b>23</b><br><b>930 Men's Sensory</b><br><b>1030 News</b><br><b>1120 Who Am I?</b><br><b>130 Bird Brain Game</b><br><b>230 Coffee Talk</b>                                   | <b>24</b><br><b>930 Ladies Sensory</b><br><b>1030 Happy News</b><br><b>1120 Music for the Birds</b><br><b>130 Bingo</b><br><b>230 Coffee Talk</b>            |
| <b>25</b><br><b>930 Men's Sensory</b><br><b>1030 Tabletop Ball</b><br><b>1120 What Am I?</b><br><b>130 Golf</b><br><b>230 Coffee Talk</b>                            | <b>26</b><br><b>930 Ladies Sensory</b><br><b>1030 News</b><br><b>1120 Presidential Pets</b><br><b>130 Bingo</b><br><b>230 Ice Cream Social</b>                   | <b>27</b><br><b>930 Men's Sensory</b><br><b>1030 Church</b><br><b>1120 News</b><br><b>130 Resident Council</b><br><b>200 Food Committee</b><br><b>415 Balloon Volleyball</b><br><b>615 6-5-4 Dice</b> | <b>28</b><br><b>930 News</b><br><b>1030 Mass</b><br><b>1120 Words in A Word</b><br><b>130 Auction</b><br><b>415 Bean Bag Toss</b><br><b>600 Brad Ruins Art</b>  |   |  |  |