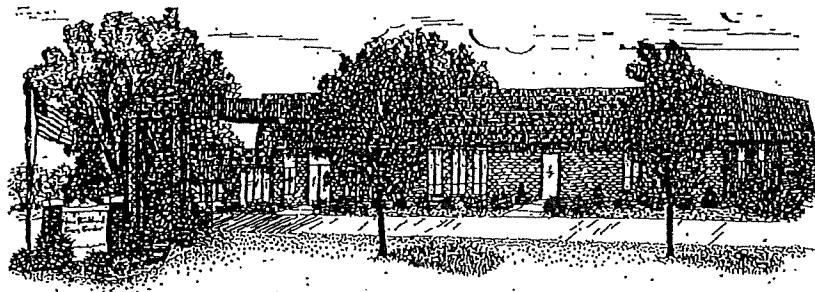


NEW RICHLAND CARE CENTER
P.O. BOX 477
NEW RICHLAND, MN 56072

*New Richland Care Center
Caring and Sharing since 1975*



~~MAY~~2018~~

New Richland Care Center

May 2018 Newsletter

From the Desk of the Administrator!

Hello everyone,

My name is Larry J Passel and I am excited to be here at New Richland Care Center as the new Administrator. I took over for Don on 4/9/2018. I have been an Administrator for 3 years and was last at Caledonia Care Center in Caledonia, MN. I have worked in the health care industry for over 20yrs.

I hope to continue Don's effort at improving the star rating for the facility and to work with the great team of people assembled here.

It is a wonderful facility and I look forward to working with you all!

Larry Passel
Administrator

MAY STAFF ANNIVERSARIES

ONE YEAR

Penny Guse, Stephanie Landsteiner, Elizabeth English, Kasey Maul & Jeanee Adams

FIVE YEARS

Tracy English

THIRTEEN YEARS

Penni Mueller

Activity Department News

Well, finally it seems *SPRING* is here!!! We have been anxious to spend time in the courtyard and are excited the trees are budding. We look forward to digging in the dirt, planting flowers and vegetables. Don't forget to spend time in the courtyard when you are here visiting, it's a beautiful area.

National Skilled Nursing Care Week is celebrated, May 13th – 19th. The following special events have been planned throughout the week, you are welcome to join us anytime!!

Sunday, May 13—Mother's Day, join your loved one for afternoon coffee beginning at 2:00 PM.

Monday, May 14—Duke Zecco will be performing at 2:30 PM.

Tuesday, May 15—is "National Chocolate Chip Day", staff and visitors are invited to join us for Chocolate Chip Cookies, coffee/milk at 2:00 in the Care Center Dining Room, Patrick Rasmussen will perform at 2:30 PM.

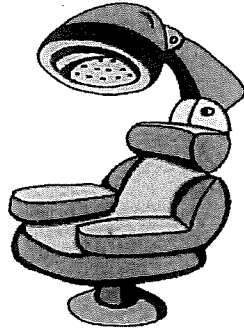
Wednesday, May 16—Jane & Kristen will be making Krumkake to be served at our Norwegian meal on Thursday, May 17, and the NRHEG Senior Class will join us for a treat and games at 2:30 PM

Thursday, May 17—we will be celebrating the Norwegian Constitution Day, "Syttendi Mai" with a complete Norwegian meal consisting of: Swedish Meatballs, Real Mashed Potatoes, Corn, Red Jell-O, Norwegian Cake and Krumkake. A "HUGE" Thank You to Jane Tappe for her fantastic assistance in providing this special meal!! Norwegian tunes will be provided by Gloria Coulter at 2:30 PM

Friday, May 18—Students from the local high school will join us for our annual NRCC/NRHEG Prom, complete with a Grand March, dancing and treats.

SOCIAL SERVICE NEWS

Welcome Our New Thursday Beautician
Sandy Matz

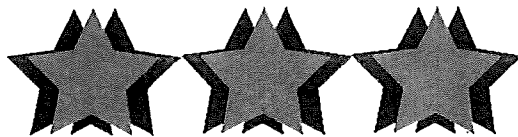


Please stop in to introduce yourself and welcome her to the care center. Thank you all for your support during the time we were looking for a new beautician. Blessings to all of you!

Family Council Questionnaire

Family Members: If you are interested in completing the questionnaire I sent out, you still have time, I will give everyone until May 14th to complete. I do have a few people that have turned them in and have listed some topics of interest as well as interest in general for forming a family council. It is a great way to get to know other family members and know others are going through the same situation.

It is good to have others to talk to.



Find us at: www.newrichlandcarecenter.com

E-mail your residents at: ccresidents@hotmail.com

To Contact Managers and Nurses: e-mail or call:

Larry Passel, Administrator: 507-417-4501—lpassel@nrcarecenter.com

Susan Reyerson, Business Office Manager: 507-417-4502—sreyerson@nrcarecenter.com

Penni Mueller, Social Services Director: 507-417-4503—pmueller@nrcarecenter.com

Kathy Flor, Activity Director: 507-417-4504—kflor@nrcarecenter.com

Sandra Nelson, Director of Nursing: 507-417-4507—snelson@nrcarecenter.com

Tammy Krueger, Nurse Manager: 507-417-4010—tkrueger@nrcarecenter.com

Ginger Mountin, MDS Coordinator: 507-417-4506—gmountin@nrcarecenter.com

Brad Hartin, Culinary Director: 507-417-4509—bhartin@nrcarecenter.com

A NOTE FROM SANDY, PENNI & KATHY

We held our second family gathering on April 19th. We had a good crowd who enjoyed our baked potato supper. We discussed how to communicate with their loved one who has dementia and we talked about how to be “in the moment” – to have them “join in the journey” of their loved one. We showed a video “Improv” which highlighted how to be in the moment with their loved one. We have had many good comments about what was discussed and one family member stated, “I have learned a lot” from the gathering. We are planning another family gather on June 21, topic to be determined. Hope you can all join us to celebrate the beginning of summer (though spring has just begun).

One item we really need family’s assistance on is building Memory Boxes that can be used to reminiscence with our residents. We put together a gardening box and many ideas for these boxes was discussed at our meeting. Some items we need are:

Military Items – any military items that anyone wants to part with, music that was heard during WW2, Vietnam, and Korea Wars, articles or news clips about the wars, nursing items for the women who served in healthcare during these wars,

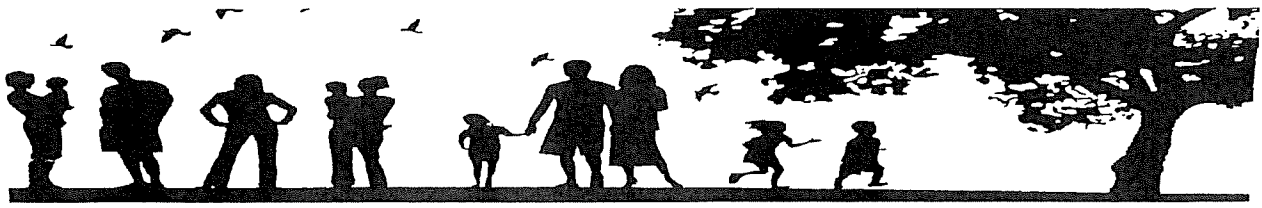
Baking Items – recipes, measuring cups and spoons, spatulas, sifter, egg beater, whisk, wooden spoons, empty boxes of cake mixes and other goodies, cookie cutters, egg carton, empty bags of sugar and flour, rolling pin, wax paper, loaf, cake, pie, and muffin pans

Sewing Items – zippers, thread, needle packet sealed, pin cushion, thimble, different types of material swatches, tape measure,

Farming box – tractors and other machinery, farm animals, packages of seed corn, soybeans, and other items planted, Magazines and other printed material on farming, pictures of farming,

REMEMBER TO SAVE THE DATE: JUNE 21-

FAMILY GATHERING!!!



Annual Memorial Service

Sunday, May 20, 2018

At 2:00 p.m.

Held in the New Richland Care Center's Chapel

Our Annual Memorial Service gives the New Richland Care Center staff the opportunity to honor those people that have touched our lives and have passed away from May 1, 2017 to April 30, 2018.

This service is open to the family and friends of the people we have listed, if you would like to join us please RSVP to Penni Mueller, Social Services, you can call me at the facility number 507-465-3292, my direct number 507-417-4503 or

send me an e-mail at

pmueller@nrcarecenter.com

We will be sending letters out to each individual family member of those that that have passed away

When I think back

On these times

And the dreams

We left behind

I'll be glad 'cause

I was blessed to get

To have you in my life

Here are the people that we will be honoring during our annual memorial service on

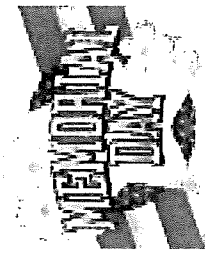

Sunday, May 20, 2018

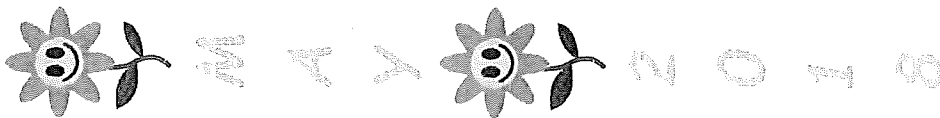
Dale Oslund, Gerald Hullopeter, Juliet Salmon, Elsie Miller, Eugene Eustice,

Lucille Kampen, Dennis Friesen, Alice Simonson, and David Erickson

All are welcome to join us, please contact us in order to plan for the number of people attending.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><i>-Beside Memorial Services as needed -Programs are subject to change.</i></p> <p>NRCC Phone Number 507-465-3292</p>		<p>1 9:00 Catholic Rosary 10:15 Dominoes/YSL 2:30 Candy Bar Bingo 3:45 Reading Group 6:00 Poker Dice 7:10 Twins vs. Toronto</p>	<p>2 Dani's Beauty Shop 9:00 Manicures/Movie 12:10 Twins vs. Toronto 1:00 Shopcart 2:30 Word in a Word 3:45 Reading Group 6:00 Hardware Store Game</p>	<p>3 Sandy's Beauty Shop 9:30 Fitness Fun 10:30 Monthly Comm/Worship Service/YSL 2:30 Horse Racing/ (Kentucky Derby/May 5th) 3:45 Reading Group 6:00 Poker Dice 7:10 Twins @ Chicago</p>	<p>4 9:00 Catholic Mass 10:15 YSL 2:30 Bingo 3:45 Reading Group 6:00 6-5-4 Dice Game 7:10 Twins @ Chicago Sox</p>	<p>5 AM Leisure Visits 11:00 Fitness Fun 2:00-2:30 Prom Parade/Coffee Social 2:30 Treasure Hunt Game 6:10 Twins @ Chicago Sox</p>
<p>6 9:45 Catholic Comm. 10:00 Peace & Power Channel 7 1:10 Twins @ Chicago Sox 2:00 Coffee Shop 2:30 Card Bingo 3:30 St. Peter's Sunday Service DVD-Act. TV</p>	<p>7 7:30 Waffle Breakfast 9:30 Fitness Fun 10:15 Dominoes 2:30 Food Committee/Resident Council Meeting 3:45 Reading Group 6:00 Grocery Game 7:10 Twins @ St. Louis</p>	<p>8 9:00 Catholic Rosary 10:15 Dominoes/YSL 12:15 Twins @ St. Louis 2:30 Hangman 3:45 Reading Group 6:00 Poker Dice</p>	<p>9 Dani's Beauty Shop 9:00 Manicures/Movie 1:00 Shopcart 2:30 United States Trivia Bingo 3:45 Reading Group 6:00 Hardware Store Game</p>	<p>10 Sandy's Beauty Shop 9:30 Fitness Fun 10:30 Worship Service w/Pastor Molskness/YSL 1:30 NRHEG HS Choir 2:30 May Potpourri 3:45 Reading Group 6:00 Poker Dice 9:07 Twins @ LA Angels</p>	<p>11 9:00 Catholic Mass 10:00 Bible Study w/ Timothy Blackman 10:15 YSL 2:30 Bingo 3:45 Reading Group 6:00 6-5-4 Dice Game 9:07 Twins @ LA Angels</p>	<p>12 AM Leisure Visits 11:00 Fitness Fun 2:00-2:30 Coffee/Social 2:30 Treasure Hunt Game 8:07 Twins @ LA Angels</p>
<p>13 MOTHER'S DAY 9:45 Catholic Comm. 10:00 Peace & Power Channel 7 2:00 Coffee Shop 2:30 Card Bingo 3:07 Twins @ Angels 3:30 St. Peter's Sunday Service DVD-Act. TV</p>	<p>14 9:30 Fitness Fun 10:15 Dominoes/YSL 2:30 Mistic w/ Duke Zecco 3:45 Reading Group 6:00 Grocery Game</p>	<p>15 NAT'L CHOCOLATE CHIP DAY 9:00 Catholic Rosary 10:15 Dominoes/YSL 2:00 Chocolate Cookies 2:30 Mistic w/ Patrick Rasmussen 3:45 Reading Group 6:00 Poker Dice 7:10 Twins vs. St. Louis</p>	<p>16 Dani's Beauty Shop 9:00 Krumkake Making w/Jane & Kristen 12:10 Twins vs. St. Louis 1:00 Shopcart 2:00 Senior Service Day Lunch & Games 3:45 Reading Group 6:00 Hardware Store Game</p>	<p>17 Sandy's Beauty Shop SYTTENDI MAI 9:30 Fitness Fun 10:30 Worship Service w/Pastor Sliper/YSL 2:30 Norwegian Times w/ Gloria Conlter 3:45 Reading Group 6:00 Poker Dice</p>	<p>18 9:00 Catholic Mass 10:30 NRCC/YSL Prom 2:30 Community Bingo 3:45 Reading Group 6:00 6-5-4 Dice Game 7:10 Twins vs. Milwaukee</p>	<p>19 AM Leisure Visits 11:00 Fitness Fun 2:00-2:30 Coffee/Social 2:30 Treasure Hunt Game 6:10 Twins vs. Milwaukee</p>
<p>20 9:45 Catholic Comm. 10:00 Worship Service w/Congregational Church in the Chapel 1:10 Twins vs. Milwaukee 2:00 Annual Memorial Service/Lunch to follow 3:30 St. Peter's Sunday Service DVD-Act. TV</p>	<p>21 7:30 Waffle Breakfast 9:30 Fitness Fun 10:15 Dominoes/YSL 2:30 Springtime Jingo 3:45 Reading Group 6:00 Grocery Game 7:10 Twins vs. Detroit</p>	<p>22 9:00 Catholic Rosary 10:15 Dominoes/YSL 2:30 Gone Fishing Bingo 3:45 Reading Group 6:00 Poker Dice 7:10 Twins vs. Detroit</p>	<p>23 Dani's Beauty Shop 9:00 Manicures/Movie 12:10 Twins vs. Detroit 1:00 Shopcart 2:30 Monthly Birthday Party/Visits Covenant 3:45 Reading Group 6:00 Hardware Store Game</p>	<p>24 Sandy's Beauty Shop 9:30 Fitness Fun 10:30 Worship Service w/Pastor Waterius/YSL 2:30 Tie Velvet Quilt 3:45 Reading Group 5:00 Supper Club 6:00 Poker Dice</p>	<p>25 9:00 Catholic Mass 10:00 Bible Study w/ Ron Brey 10:15 YSL 2:30 Bingo 3:45 Reading Group 6:00 6-5-4 Dice Game 9:10 Twins @ Seattle</p>	<p>26 AM Leisure Visits 11:00 Fitness Fun 2:00-2:30 Coffee/Social 2:30 Treasure Hunt Game 9:10 Twins @ Seattle</p>
<p>27 9:45 Catholic Comm. 10:00 Peace & Power Channel 7 2:00 Coffee Shop 2:30 Card Bingo 3:10 Twins @ Seattle 3:30 St. Peter's Sunday Service DVD-Act. TV</p>	<p>28 MEMORIAL DAY 9:30 Fitness Fun 10:15 Dominoes 2:30 Name 10 Trivia 6:15 Twins @ Kansas City</p>	<p>29 9:00 Catholic Rosary 10:15 Dominoes/YSL 2:30 Sing along w/Beth 3:45 Reading Group 6:00 Poker Dice 7:15 Twins @ Kansas City</p>	<p>30 Dani's Beauty Shop 9:00 Manicures/Movie 1:00 Shopcart 2:30 Outdoors/Courtyard 3:45 Reading Group 6:00 Hardware Store Game 7:15 Twins @ Kansas City</p>	<p>31 Sandy's Beauty Shop 9:30 Fitness Fun 10:30 Worship Service w/Pastor Schwartz/YSL 2:30 SONG WITH A STORY-CHURCH IN THE WILDWOOD 3:45 Reading Group 6:00 Poker Dice 7:10 Twins vs. Cleveland</p>	<p>-Small Groups ongoing -Monday - Sunday Coffee at 2:00 unless otherwise noted.</p> 	<p>NRCC Mailing Address P.O. Box 477 Send e-mail greetings to: crescenttwins@attmail.com Just put your family member's name in the subject line. We will print & deliver them</p>



Join the Journey

When we are no longer able to change the situation,

we are challenged to change ourselves.

Victor Frankl

I work in senior housing – a safe, friendly, comfortable community for seniors that provides them with an opportunity to live independently or with some assistance while maintaining their sense of self-worth and independence. I have done this work for more than twenty years, and many times have heard family members say, “I don’t know how you people do it! I can’t deal with just one elderly parent, and here you are all are having to work day in and day out with so many of them.”

Here’s my answer: We join the journey. We love them and care for them just the way they are now. They are brand new to us. Because we have no history with Aunt Mae or Grandpa Joe, we are disappointed by their need to use incontinence products, or their inability to remember their address, or even their constant questions about what day it is.

We love and care for the people they have become. There’s no history for us. No memories of how they built their own company from the ground up, or helped raise funds for the Sunday school wing of their church, or organized the neighborhood carpools. We love them today – incontinent, feisty, and forgetful.

We join their journey, and we know lots of ways to help them help themselves when family members get frustrated. Almost everyone grows up seeing their parent or grandparent as strong and capable, but when the former math professor can no longer write a check, families can get embarrassed – not for themselves, but for the parent who used to be. It’s okay with us. It’s our job, and more importantly, it’s our calling to love and respect the person that math professor is today – not to try to steer him down a path he no longer sees or understands.

Once, one of our residents became agitated during an afternoon cloudburst. Daughter Carol was trying to reason with her mom, who was standing in the hallway, wearing her raincoat and looking for an umbrella so she could go outside. Miss Caroline, a normally gracious woman, but a woman with Alzheimer’s, had not been outside of our building unaccompanied in quite some time. She had never, as far as I knew, become upset because of rainy weather and we were all – her daughter, her assigned caregiver, and I – at a loss as to how to calm her and encourage her to stay indoors. Finally, after about ten minutes of trying to talk her out of going outside, someone asked her a question she could grasp and answer:

“Miss Caroline, why do you need to go out in this awful rain?” The mother of eight sons and one daughter gave a deep sigh and looked each of us in the face as she answered, “The children will be coming home from school. I don’t want them to get wet – I have to meet them at the bus stop.”

This was a Join the Journey moment. A light dawned for us all – including the grown daughter who was standing right there. We quickly assured her that a neighbor was picking up the children and that she would bring them home. Satisfied that her children were safe and dry, Miss Caroline returned to her apartment, took off her raincoat, and settled in her room for the rest of the afternoon. (over)

Join the Journey. It's hard. So very hard – especially for those who remember when their loved ones were titans of business, supervisors of factories, and the go-to moms for bake sales and carpools.

But to live in their moment, to allow them to have the pleasure of the day without forcing a reality they no longer understand – now that is love at its finest.

It's not easy. And not everyone is a Miss Caroline, willing to hear your words and absorb them and accept them. But many are.

Join the Journey. Let go of their past, and your own, and spend whatever time is left to your loved one on her terms. Don't take their loss of memory personally. Those memories you shared from your childhood are still precious to them. They are just locked away. They aren't deliberately forgetting their keys...their glasses...their teeth. Those things aren't important to them in the way they are to you and me.

Join the Journey. Love them for who they are in this moment. Be old enough, wise enough, and care enough to set yourself aside. Take heart that the parent who raised you, the grandmother who baked your cookies, the father who taught you to fish is still in there and still needs your care, your love, your patience. Though you may be a stranger to them, they can still recognize kindness.

It's not easy loving someone with Alzheimer's or other forms of dementia. But it's so important that you do, and it's a lot easier when you love the new person they've become and join them on their journey.

Ginny Dubose

Gas Grill and Patio Usage Policy

The gas grill and patio may be reserved by contacting the Activity Department Staff prior to usage. They will be able to insure the day and time are free. They will post signs reserving the area. If you are here visiting and no one has reserved the area or using the grill, feel free to use it.

Grill utensils can be obtained from the Care Center Kitchen and should be returned to the kitchen when through using them. The user will be expected to use consumer instructions when igniting and closing flame. After use, user will clean grate thoroughly with the steel brush that is provided.

Any incident or accident related to the grill such as a burn, needs to be reported to a licensed staff member immediately. The gas grill must not be left unsupervised while residents or small children are present during use. Users agree to use the area at their own risk.

Please remember when any of our residents are outdoors to provide them with sunglasses, sunscreen and plenty of liquids. Should it be a really hot day, please do not stay outdoors too long.

Please do not leave the resident/family member outdoors by themselves. Always bring the resident/family member in to the building returning them to their room before you clean the area. Thanks and happy grilling!!