

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

*New Richland Care Center  
Caring and Sharing since 1975*



*MAY~~2019*

# New Richland Care Center

## May 2019 Newsletter

Greetings!!

Larry Passel has put in his resignation effective as of 4/30/19.

An interim Administrator, Chuck Ness will be here in the meantime. Please welcome Chuck.

### **SOCIAL SERVICE NEWS--For Your Information**

The Survey Book and Grievance forms have been moved. They are located in the doorway to the Chapel. Easier to gain access.

#### ***Social Work Intern – Jodi Holmberg-***

Jodi's last day will be Tuesday, May 7<sup>th</sup>, please stop by and chat with her before then. It was great having her here and we wish you all the best in your career path Jodi. We all thank you for choosing our facility to complete your internship in.

***Person Centered Story*** – If you still have it to complete, please do so with your loved and turn it in to us, the information is very valuable to all of us.

***Family Gathering*** - Will be held in June, date to be decided, letters will be sent to families and information posted, please watch for details in the mail.

### **Culinary News**

It's Grilling Time and we have warmer weather to take full advantage of this for future Supper Club Nights. So start getting those favorite grilling food ideas ready at the next Resident Council Meeting. May is also when we celebrate Mom on Mother's Day and we are currently working on the menu as I write this and again if you would like to celebrate this special day with us, just contact the Culinary Department for details.

#### **MAY STAFF ANNIVERSARIES**

##### **ONE YEAR**

Hayley Darrington, Linda Riendeau, Venus Parks, Alysha Knudsen

##### **TWO YEARS**

Penny Guse, Stephanie Lansteiner, Elizabeth English, Jeanee Adams

##### **SIX YEARS**

Tracy English

##### **FOURTEEN YEARS**

Penni Mueller

Find us at: [www.newrichlandcarecenter.com](http://www.newrichlandcarecenter.com)

E-mail your resident at: [ccresidents@hotmail.com](mailto:ccresidents@hotmail.com)

To Contact Managers and Nurses: e-mail or call

Administrator: [507-417-4501—cness@nrcarecenter.com](mailto:507-417-4501-cness@nrcarecenter.com)

Susan Reyerson, Business Office Manager: [507-417-4502—sreyerson@nrcarecenter.com](mailto:507-417-4502-sreyerson@nrcarecenter.com)

Penni Mueller, Social Services Director: [507-417-4503—pmueller@nrcarecenter.com](mailto:507-417-4503-pmueller@nrcarecenter.com)

Kathy Flor, Activity Director: [507-417-4504—kflor@nrcarecenter.com](mailto:507-417-4504-kflor@nrcarecenter.com)

Gloria Steele, MDS Coordinator: [507-417-4506—gsteele@nrcarecenter.com](mailto:507-417-4506-gsteele@nrcarecenter.com)

Carla Johnson, Interim Director of Nursing: [507-417-4507—cjohnson@nrcarecenter.com](mailto:507-417-4507-cjohnson@nrcarecenter.com)

Brad Hartin, Culinary Director: [507-417-4509—bhartin@nrcarecenter.com](mailto:507-417-4509-bhartin@nrcarecenter.com)

Kyle Parr, 100 Hall Nurse Manager: [507-417-4010—kparr@nrcarecenter.com](mailto:507-417-4010-kparr@nrcarecenter.com)

Tammy Krueger, 200 Hall Nurse Manager: [507-417-4010—tkrueger@nrcarecenter.com](mailto:507-417-4010-tkrueger@nrcarecenter.com)

Paul Reyerson, EVS Director: [507-465-3292 EXT. 307—preyerson@nrcarecenter.com](mailto:507-465-3292-EXT.307-preyerson@nrcarecenter.com)

## Annual Memorial Service

Sunday, May 19, 2019

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, 2018 to April 15, 2019.

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](mailto: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 19, 2019

Delores Huber, Gerald Lohberger, Marion Miller, Kenneth Korman, Mary Lou Faldet, Phyllis Shurson, Patricia Rohne, Wayne Breck, Ethel Reistad, Lorayne Shurson, Russel Rosenau, Delores Dammen, Alice Schlaak, Frank Hein, Linda Vasey, Viola Schafer, Laverne Blowers, Mary Burns, Robert Gasner, Leah Berg, Curt Collins, Robert Tollefson, Robert Dombroske, Sharon Atkin, and Mary Jean Somers.

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



## **ACTIVITY DEPARTMENT NEWS**

The Activity Department had a busy April!! The resident's spent time filling eggs for the Easter Egg Hunt. We had a wonderful time with the Easter Egg Hunt, most of the children enjoyed seeing the Easter Bunny!! We had great support with the donations we received for the event.

We honored our dedicated Volunteers. The Culinary Department provided a delicious dessert, Beth Wilson entertained us with her musical talent and each of the volunteers received a special gift thanking them for their service.

Thank You to Pastor Ron Brey for providing an awesome Good Friday Service.

Please take time to review our May activity calendar, we have a busy month planned. We look forward to entertainment from: Jim Kozan, Hans Hohrman, The Diamond Ridge Band, Duke Zecco, Cletus Goblirsch, The Rose Ensemble and the Neverly Brothers. Every variety of music you'd enjoy listening to!!

We will be celebrating National Skilled Nursing Care Week, May 12 -18<sup>th</sup>. We will be honoring our staff, making Krumkake, having a MN Twins Day, the NRHEG Senior Class will join us for lunch and entertainment, Pickle Tasting, NRCC/YSL Prom, a Norwegian meal to celebrate Syttende Mai, a Veteran Pinning Ceremony on Armed Forces Day and our annual Memorial Service.

We are looking forward to a fun, busy month and invite you to join us!!

## **Yaaaaaay.....The Courtyard is open!!**

You are welcome to use and enjoy the courtyard, families are encouraged to spend time outdoors with their loved one. We do have a gas grill in the courtyard area and it may be used at your leisure. We are including the gas grill policy below.

### **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 us 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!!

## NURSING DEPARTMENT NEWS BY: KYLE PARR

### *Five Ways to Improve Your Memory*

If you have trouble with memory and focus, the problem may not be directly related to your brain. Physical exercise has been shown to improve brain function significantly. Doing 30 to 60 minutes of exercise is just what the Doctor has ordered to clear up problems associated with a foggy brain.

**1. Getting plenty of exercise** will help your memory. Exercise improves the blood flow throughout your body, including the brain. This can invigorate your mind and improve its ability to remember. Even a brief walk for ten minutes can increase your circulation. The fresh air wakes up the brain and keeps it alert, which improves its memory capacity.

**2. A great tip for improving your memory** is to make sure that whatever it is you are trying to memorize is laid out in a clear and organized way. This is important because this organization will make for a smooth translation to your mind's ability to organize thoughts. Try to group related items together.

**3. Making many associations to something** can help someone remember it much easier. An example of this would be connecting whatever one wants to remember to a personal story that the individual has. By making that connection to something that they already remember they can help themselves remember the new information as well.

**4. Keep your social life active.** It is proven that those with an active social life have a better memory. Talk to your friends and family, either in person or over the phone, because it will stimulate your brain. Having an active social life will slow your memory from fading.

**5. Pay attention to your surroundings and live in the moment.** The more attention you pay to what's going on around you, the more likely you are to remember it later. You won't be able to remember things that you never experienced. Try not to dwell on the past or future while creating new memories.

# MAY 2019

## NATIONAL SKILLED NURSING CARE WEEK MAY 12-18



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>-<i>Beatrice Memorial Services as needed -Programs are subject to change.</i></p> <p>NRCC Phone Number 507-465-3292</p>	<p><b>NATIONAL SKILLED NURSING CARE WEEK MAY 12-18</b></p>	<p>-<i>Small Groups ongoing -Monday -Sunday Coffee at 2:00 unless otherwise noted. Nrcs Mailing Address P.O. Box 477</i></p>	<p><b>1 Dani's Beauty Shop</b> 9:00 Manicures/Movie 1:00 Shopcart 2:30 Horse Racing (Kentucky Derby May 4<sup>th</sup>) 6:00 Dice 1-6 6:40 Twins vs. Houston</p>	<p><b>2 Sandy's Beauty Shop</b> 9:30 Fitness Fun 10:30 Monthly Comm/Worship Service/YSL 12:10 Twins vs. Houston 2:30 Music w/Jim Kozan 6:00 Poker Dice</p>	<p><b>3</b> 9:00 Catholic Rosary 10:15 Dominoes/YSL 2:30 Bingo 6:00 6-5-4 Dice Game 6:05 Twins @ Yankees</p>	<p><b>4</b> AM Leisure Visits 11:00 Fitness Fun 12:05 Twins @ Yankees 2:00-2:30 Prom Parade/Coffee Social 2:30 Treasure Hunt Game 6:00 Slotz Ball</p>
<p><b>5</b> 9:45 Catholic Comm. 10:00 Peace &amp; Power Channel 7 12:05 Twins @ Yankees 2:00 Coffee Shop 2:30 Card Bingo 3:30 St. Peter's Sunday Service DVD-Act. TV 6:00 U.S. Trivia Bingo</p>	<p><b>6</b> 9:30 Fitness Fun 10:15 Dominoes 2:30 Food Committee Resident Council Meeting 6:00 Grocery Game 6:07 Twins @ Toronto</p>	<p><b>7</b> 9:00 Catholic Rosary 10:15 Dominoes/YSL 2:30 Hangman 3:45 Reading Group 6:00 Poker Dice 6:07 Twins @ Toronto</p>	<p><b>8 Dani's Beauty Shop</b> 9:00 Manicures/Movie 1:00 Shopcart 2:30 May Potpourri/popcorn 6:00 Dice 1-6 6:07 Twins @ Toronto</p>	<p><b>9 Sandy's Beauty Shop</b> 9:30 Fitness Fun 10:30 Worship Service w/Pastor Schami/YSL 1:30 NRHEG HS Choir 2:30 Music w/Hans Hohrman 6:00 Poker Dice</p>	<p><b>10</b> 9:00 Catholic Mass 10:00 Bible Study w/Timothy Blackman 10:15 YSL 2:30 Bingo 6:00 6-5-4 Dice Game 7:10 Twins vs. Detroit</p>	<p><b>11</b> AM Leisure Visits 11:00 Fitness Fun 1:10 Twins vs. Detroit 2:00-2:30 Coffee/Social 2:30 Treasure Hunt Game 6:00 Slotz Ball</p>
<p><b>12 MOTHER'S DAY</b> 9:45 Catholic Comm 10:00 Worship Service w/Congregational Church in the Chapel 1:10 Twins vs. Detroit 2:00 Coffee Shop 2:30 Card Bingo 3:30 St. Peter's Sunday Service DVD-Act. TV 6:00 U.S. Trivia Bingo</p>	<p><b>13</b> Honor Staff "Thanks for All You Do!" 7:30 Waffle Breakfast 9:30 FITNESS FUN 10:15 Dominoes/YSL 2:30 Gone Fishing Bingo 6:00 Grocery Game 6:40 Twins vs. LA Angels</p>	<p><b>14</b> 9:00 Catholic Rosary 10:00 Make Krumkake w/Jane 10:15 YSL Visit 2:30 Diamond Ridge Band 3:45 Reading Group 6:00 Poker Dice 6:40 Twins vs. LA Angels</p>	<p><b>15 MN Twins Day</b> Dani's Beauty Shop 9:00 Manicures/Movie 12:10 Twins vs. LA Angels 1:00 Shopcart 2:00 Senior Service Day Lunch &amp; 2:30 Music w/Duke Zecco 6:00 Dice 1-6</p>	<p><b>16 Sandy's Beauty Shop</b> Wear Purple for Peace Day 9:30 Fitness Fun 10:30 Worship Service w/Pastor Gegei/YSL 2:30 Pickle Tasting 6:00 Poker Dice 9:10 Twins @ Seattle</p>	<p><b>17 SYTTENDE MAI</b> 9:00 Catholic Mass 10:30 NRCC/YSL Prom 12:00 Norwegian Meal 2:30 Community Bingo 6:00 6-5-4 Dice Game 9:10 Twins @ Seattle</p>	<p><b>18 ARMED FORCES DAY</b> Wear Red, White &amp; Blue AM Leisure Visits 10:30 Marie Querna Veteran Pinning Ceremony w/St. Croix Hospice/Chapel 2:00-2:30 Coffee/Social 2:30 Treasure Hunt Game 6:00 Slotz Ball 9:10 Twins @ Seattle</p>
<p><b>19</b> 9:45 Catholic Comm 10:00 Peace &amp; Power Channel 7 2:00 Annual Memorial Service/Lunch to follow 3:10 Twins @ Seattle 3:30 St. Peter's Sunday Service DVD-Act. TV</p>	<p><b>20</b> 9:30 Fitness Fun 10:15 Dominoes/YSL 2:30 My 2 Cents 6:00 Grocery Game. 9:07 Twins @ LA Angels</p>	<p><b>21</b> 9:00 Catholic Rosary 10:15 Dominoes/YSL 2:30 Old Time Music w/Cletus Goblirsch 3:45 Reading Group 6:00 Poker Dice 9:07 Twins @ LA Angels</p>	<p><b>22 Dani's Beauty Shop</b> 9:00 Manicures/Movie 1:00 Shopcart 2:30 Monthly Birthday Party/Congregational Ch. 6:00 Dice 1-6 8:07 Twins @ LA Angels</p>	<p><b>23 Sandy's Beauty Shop</b> 9:30 Fitness Fun 10:30 Worship Service w/Pastor Sliper/YSL 2:30 Honor Flight Documentary/Root Beer Floats 5:00 Supper Club 6:00 Poker Dice</p>	<p><b>24</b> 9:00 Catholic Mass 10:00 Bible Study w/Nadine Strenge 10:15 YSL 2:30 Bingo 6:00 6-5-4 Dice Gam 7:10 Twins vs. Chicago Sox</p>	<p><b>25</b> AM Leisure Visits 11:00 Fitness Fun 1:10 Twins vs. Chicago Sox 2:00-2:30 Coffee/Social 2:30 Treasure Hunt Game 6:00 Slotz Ball</p>
<p><b>26</b> 9:45 Catholic Comm 10:00 Worship Service w/Congregational Church in the Chapel 1:10 Twins vs. Chicago Sox 2:00 Coffee Shop 2:30 Card Bingo 3:30 St. Peter's Sunday Service DVD-Act. TV 6:00 U.S. Trivia Bingo</p>	<p><b>27</b> <b>MEMORIAL DAY</b> 11:00 Fitness Fun 2:30 Name 10 Trivia 6:10 Twins vs. Milwaukee</p>	<p><b>28</b> 9:00 Catholic Rosary 10:15 YSL Visit 10:00 Rose Ensemble 2:30 Candy Bar Bingo 3:45 Reading Group 6:00 Poker Dice 7:10 Twins vs. Milwaukee</p>	<p><b>29 Dani's Beauty Shop</b> 9:00 Manicures/Movie 1:00 Shopcart 2:30 The Nevertly Brothers 6:00 Dice 1-6</p>	<p><b>30 Sandy's Beauty Shop</b> 9:30 Fitness Fun 10:30 Worship Service w/Pastor Molsknerv/YSL 2:30 Word in a Word 6:00 Poker Dice 6:10 Twins @ Tampa Bay</p>	<p><b>31</b> 9:00 Catholic Mass 2:30 Bingo 6:00 6-5-4 Dice Gam 6:10 Twins @ Tampa Bay</p>	<p>Send e-mail greetings to: <a href="mailto:ccresidents@hotmail.com">ccresidents@hotmail.com</a> Just put your family member's name in the subject line. We will print &amp; deliver them</p>