

WINTER 2023/24

SENIOR Living

Kathy's Chronicles

Here and There

What and Where

Spotlights

Activities

Recognition & Appreciation

News & Events

Kathy's Chronicles

Holiday Survival Tips:

We all have expectations for the holidays, but often they can become riddled with stress, exhaustion, and disappointment when they are supposed to bring peace, love, and joy! Not everything is in your control, but many things are. Here are some tips I've found that can be helpful to you and those with whom you celebrate the holidays!

1. Plan ahead.

Between co-workers, friends and family, it's inevitable that some commitments will end up on the same day. Make sure to plan on what you can attend in person or virtually. If you're hosting the holidays, create a menu to help you stay organized and make grocery shopping easier. Try sharing your to-do list with other family members or friends as a way of having everyone feel included and helpful.

2. Say no.

With holiday commitments, it is OK to say no to a few or all of them. It will also help relieve some stress. Sometimes saying no can help give others that same permission.

3. Plan spending.

The holidays mean spending money. Make a budget and stick to it. Spending money on your loved ones is important, but it's also important to pay your energy bill. Don't buy gifts that you'll be paying off for the rest of the year.

4. Create relaxing surroundings.

Turn on some music, light some candles or open the windows on a sunny day. Research has found that listening to music and the scent of citrus can boost feelings of well-being, and vitamin D is always a happiness booster.

5. Maintain healthy habits.

The holidays are notorious for ruining healthy habits. Find a way to fit activity into your day. Encourage your family to try an outdoor activity, such as sledding. Eat healthy snacks like fresh fruit, vegetables, and nuts throughout the season and limit less healthy choices. Eat a healthy snack before a gathering to help lessen temptations of unhealthy foods there.

6. Share feelings.

Spending a holiday after a loss can be difficult. Accept your feelings and open up about them to others. It may make you feel better to share. Try to switch up old traditions to ease the loss. If you know someone who is struggling with a loss at this time, reach out, even to just say "I'm thinking of you." If you know someone who will be alone for the holidays, consider adjusting your time to go visit or invite them to one of your events.

7. Respect differences.

Family and friends will have different viewpoints than your own. Try your best to forgive and forget this holiday season. Focus on your similarities, and replace tension with something productive. Try key phrases like "Isn't it great that we can have different opinions but still know our relationship is too important to let that cause tension?" Then consider changing the subject!

8. Be realistic.

You are only one person, and you can only do so much. Be realistic with how much you can handle this season. Forget about perfection, and relax and enjoy the company surrounding you. One of my favorite aunts always says "I came to see you, not a clean house!"

9. Take a break.

Don't forget about your own needs. Take a nap, go for a short walk, read a book or watch a funny movie with those you love. Laughing relaxes the whole body, and can relieve physical tension and stress. I promise you will be happy you took the time!

Holidays are meant to be a fun, enjoyable time with friends and family. These tips can help ensure you truly enjoy your holidays when stress starts to set in.

Reference: Tips to fend off holiday stress - Mayo Clinic Health System

Here & There

Emergency Preparedness

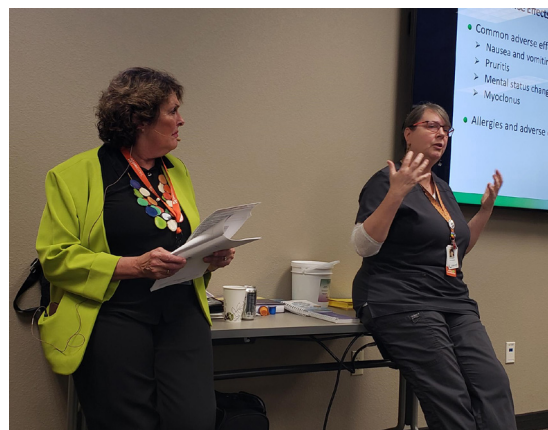
Every month an emergency plan is tested by conducting a no notice drill at the Senior Campus. An emergency plan drill schedule is shared with department managers at the beginning of each year, with a focus on a single plan for each month and an opportunity for managers to refresh themselves and their teams. At the conclusion of the drill, an evaluation is completed by getting input from participants on what went well and areas for improvement. Follow-ups are done with appropriate staff or resources to improve our response going forward.

In addition to the monthly emergency plan drill schedule, we also conduct a minimum of one full scale exercise and one table top exercise per year. To date we have participated in a full scale exercise hosted by the Central Region called Operation Glowing Rails, a full scale multi region evacuation exercise and the statewide Minnesota Tornado drills. In addition to the drills and exercises, we activate our Incident Command team for non-emergent situations to enable staff to practice emergency response utilizing the Incident Command system. For example, we initiated our Incident Command team during the new flooring project to ensure the safety and security of our residents while enabling staff to practice communication and planning of a event in a non-emergent situation which will enhance our ability to react in a truly emergent situation. If you have any questions about emergency preparedness at Lakewood, please feel free to reach out to Rod Opheim, Emergency Preparedness & Safety Manager.

End of Life Nursing Education Consortium

Lakewood hosted a End of Life Nursing Education Consortium (ELNEC) training, instructed by Lores Vlaminck, of Lores Consulting, LLC. The ELNEC curriculum is a national education initiative to assist in improving palliative and end-of-life care. Lakewood's Home-Based Services department was proud to host this educational event, which extended invitations to area healthcare agencies and two medical students. Training sessions focus on total care of the patient and family, incorporating symptom management, spiritual care, psychosocial care, grief, ethics and end-of-life care, while ensuring patients facing life-limiting illnesses or approaching the end of their lives receive the support they need. The training also emphasizes effective communication and collaboration, enabling healthcare professionals to engage in open and honest conversations with patients and their families about difficult topics like advanced care planning and pain management, which fosters trust, reduces anxiety, and allows patients to make informed decision about their care.

In today's rapidly aging population, end-of-life care is becoming increasingly relevant. The ELNEC training empowers healthcare professionals to deliver care that not only enhances the quality of life for patients, but also supports their families during these challenging times. Ultimately, the profound impact of ELNEC training goes beyond the technical aspects of nursing, as it fosters empathy, dignity, and compassion in the face of life's most profound transitions.



Here & There, con't

Season of Lights

Lakewood Health System's 28th annual Season of Lights was held on Friday, December 1st at 2 p.m. at Sourcewell. If you've never attended Season of Lights, it is our hospice and palliative care remembrance ceremony to honor the patients we served who have died in the past year. It's a time for family and friends to gather, hang an ornament on the tree for their loved one, and prepare for the holiday season. Dr. Benson shared a message about grief and hope. It's also a great way for families to re-connect with staff who cared for their loved ones. Thank you to everyone who joined us as we honored the 106 patients we are grateful to have known and cared for during their time with us.



Smoking Policy

Smoking and tobacco use has been identified as the number one preventable cause of disease and death. As a regional healthcare leader, we believe we have a responsibility to eliminate the hazards of both first and second-hand smoke from Lakewood Health System's campuses and have therefore established a tobacco-free, smoke-free, and vape-free policy for all our campuses, including our care center and assisted living facilities.

Although we respect the rights of those who choose to use tobacco, smoke, or vape, we also need to respect the rights of those who do not, as there are serious health and safety issues for those exposed to someone who is smoking or vaping. Thank you for following our facility policies, so we can work together to ensure the health and well-being of our employees, patients, residents, tenants and guests.

Family Picnic and Family Council

Thank you so much to all of our family members who attended the family picnic during our annual cruise week earlier this fall. We certainly enjoyed seeing so many of you here and hope you enjoyed the wonderful live music. We had fun celebrating with each of you!

Our Family Council meeting was held on September 28, and we want to thank everyone who was able to attend and share your feedback with our teams. We appreciate the teamwork we have with our residents, staff and family members in continuing to make Lakewood Care Center a great place to work and more importantly live! Throughout the meeting we were able to share our latest updates from our nursing, dietary, social services, activities, maintenance, quality and housekeeping teams. These updates allow us to have some open discussion about our current projects, receive feedback from family members, and work together with our families in growing as a team.

Please be watching for our spring family council invitation!

What & Where

Hospice and Palliative Care Month

November was a month of celebrations! Some celebrations honor our veterans, others note it to be the beginning of hunting season or the holidays. It is also National Hospice and Palliative Care month, a time dedicated to recognizing and celebrating the important work done by those who provide hospice and palliative care. It's a time to appreciate the compassionate care given to individuals facing serious illnesses and to acknowledge the support given to their families. It is also an opportunity to educate the public.

Palliative care is a type of medical care provided by a team of professionals that focuses on providing relief from the symptoms and stress of a serious illness. The main goal of palliative care is to improve the quality of life for both the patient and their family. It can be given at any stage of an illness and can be provided alongside curative treatment. This team consists of nurses, social workers, chaplains, therapists, pharmacists and physicians or other providers.

In simpler terms, palliative care is like a supportive friend who helps you feel better when you're going through a tough time because of a serious illness. The care team works to manage pain, provide emotional support, and enhance the overall well-being of the person. Lakewood is proud to offer this service for the last 14 years.

Hospice care is a specific type of palliative care that comes into play when someone is nearing the end of their life. It is designed for individuals with a terminal illness or a life expectancy of six months or less. The focus of hospice care is on making the person as comfortable as possible, rather than trying to cure the illness.

Imagine hospice care as a comforting presence that surrounds a person with care and kindness during their final stages of life. It often takes place in the person's home or in a specialized facility, and the goal is to ensure the person experiences dignity, peace, and minimal pain during their final days. Lakewood has been providing this service for more than three decades.

We encourage everyone to take a moment to appreciate the dedicated healthcare professionals who help people live as comfortably and fully as possible during challenging times. Whether in hospitals, homes, or specialized facilities, these caregivers make a significant difference in the lives of individuals and their families.



Dr. Julie Benson
Senior Services Medical Director

Seasonal Maintenance FYIs

- Maintenance would like to remind families it is against the Fire Marshall's recommendations to have extension cords in resident rooms. When decorating, we CANNOT have anything on the doors. This includes lights and decorations.
- It is difficult to control the temperature in the building as weather changes frequently. The Maintenance staff does their best to make the stay of our residents and their families comfortable. Thank you for your understanding!
- Snow and ice: Please be cautious when walking in the parking lots and on sidewalks.
- Slippery sidewalks: Walk with caution in the winter and wear appropriate footwear.
- Snow removal: Snow plowing starts in the early hours of the morning (two inches or more). Vehicles in the parking lots should be aware and ready to move. Sidewalks are continuously monitored for needs.

Call for Volunteers!

We're always looking for volunteers to help out in various Senior Services departments, including the Care Center, Memory Care, Home Care, Hospice and others. Some areas in which we need assistance are hospice, taking residents fishing and for rides, CNA test out days and more. If you're interested or would like to learn how you can help brighten the day of a resident or tenant, visit <https://www.lakewoodhealthsystem.com/patients-visitors/volunteering/> or email humanresources@lakewoodhealthsystem.com

What & Where, con't

Endings and Beginnings

After 44 years, Lakewood's Director of Environmental Services, Becky Ashbaugh, is retiring. We want to thank Becky for her many years of dedication to Lakewood and the health and safety of our patients, residents and staff! Chris O'Brien will be taking over as director, starting January 1, 2023. He started working in Environmental Services at Lakewood in 2007, and has spent the last couple years as a supervisor. We wish Chris all the best in his new role!



Season of Illnesses

The respiratory illness season is upon us. We are seeing higher rates of all respiratory illnesses in our Staples community, including COVID, influenza and RSV. We have been busy this fall vaccinating our staff and residents. Residents have been offered and some have received both influenza and updated COVID vaccinations. We are in the process of reviewing Prevnar 20 and RSV vaccinations in the near future. Thank you to all the visitors who adapted to changes needed in masking and holiday plans in response to our recent COVID outbreak. We continue working diligently on hand washing, environmental cleaning and other infection control processes to prevent the spread of illness from the community to our residents here at the care center. Your actions as family and friends impact this prevention greatly and is much appreciated.

Infection Control Actions to stop the spread of viral respiratory infections like influenza, RSV, and COVID-19.

Hand hygiene and routine cleaning & disinfection help remove or destroy respiratory viruses.

Practicing these infection control actions together effectively stops the spread of germs.

How?

Hand Hygiene

Alcohol-based sanitizer inactivates viral particles.

Soap and water carry viral particles off the skin.

Environmental Disinfection

EPA-registered disinfecting products destroy the virus.

U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

PROJECT FIRSTLINE

cdc.gov/ProjectFirstline

Infection Control Actions to stop the spread of viral respiratory infections like influenza, RSV, and COVID-19.

Respiratory viruses can be in the nose, mouth, airway, and lungs. Talking, sneezing, and coughing can spread these germs into the air.

Masks block these germs.

When used correctly, respirators filter germs - very large to very small - as air is breathed in and out.

Wearing masks and respirators in healthcare facilities will protect you, your patients, and your coworkers.

U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

PROJECT FIRSTLINE

cdc.gov/ProjectFirstline

Spotlights

Amy Dumpprope, LPN case manager

I was hired at Lakewood in 1993 and have worked as a CRA and LPN, moving to the Social Services department in 2001. I provide support and resources for care center residents and their families. I enjoy the variety in my position as well as getting to know residents and their families.

I am married and have two daughters, three step-sons and a new granddaughter! I live on Fishtrap Lake in Cushing and enjoy reading, spending time with family and on the lake. I also have a 15-year old Schizapoo.



Barbara Trantina, LPN case manager

I have been with Lakewood Health System for 16 years and recently transferred from clinic nursing to social services at the care center. I have enjoyed being part of Lakewood's grown and being able to care for patients/residents throughout my career here. My husband John and I have been married for 32 years and have raised 5 children; I am almost an empty nester. I live on a 30-head beef farm, have many chickens and raise market goats. 4H has been a huge part of my family's life - showing chicken, rabbits and goats at the county fair and Minnesota State Fair. I love being outdoors on the farm and spending time at the cabin on Lake Shamineau. My oldest son and daughter-in-law recently had their first baby, so I am truly enjoying being a new nana. Life is GOOD!



Activities

Trick or Treat

Roughly 225 trick or treaters visited the care center on Halloween. Four resident-manned stations were set up in the care center, so kiddos could walk through to get candy and say hi to the residents. Residents and kids were equally excited and enjoyed the afternoon.



Deer Camp

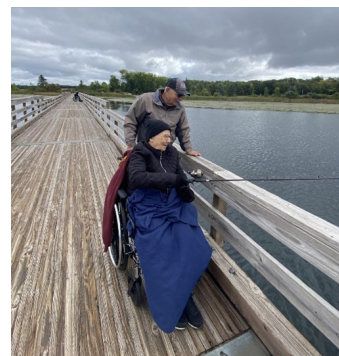
The first week of deer camp was on Friday November 3. There were three to four "deer" prancing around at all times trying to get away from the resident hunters. The day provided lots of laughter and shots to the rears of the deer,, which only made everyone laugh harder as the deer went down.



Activities, con't

Resident Fishing

September 12 proved to be a cold, blustery day as 11 residents, 6 volunteers and 3 staff members visited Dower Lake for a fishing expedition. Unfortunately, very few fish were caught, but the smiles and fishing stories more than made up for the lack of fish. A great shore lunch was provided by Lakewood's Nutrition Services team. Thank you to everyone who made this day possible!



Mississippi Cruise Week

Our annual cruise week took place from September 25-29 and kicked off with staff decorating the facility with each stop on the Mississippi river cruise. We started off at the Headwaters of the Mississippi by playing Minnesota bingo. Tuesday, we stopped in Stillwater and Red Wing where the activity was a mosaic craft. Continuing down the river to St. Louis, MO, residents played carnival games and won lots of candy and prizes. In the afternoon was a food show where we tried different food from the south. We finished off the evening with a boat relay race in the rain where our staff decorated boats and dressed in theme. Thursday was spa day and our family picnic where it came inside due to the cold. As residents and family ate, music was provided by Tim and Steve. They enjoyed playing for the families so much they played through supper. On Friday we had Mardi Gras bingo where there were fun prizes for the residents. The week was so fun and we're looking forward to next year!



Recognition & Appreciation

Thank You!

I have never been here before and am not familiar with the area, but I just want to say, you are the most helpful, and welcoming facility I have ever been in. -External organization

Our family is SO appreciative of the exceptional care provided by care center staff and hospice. Thank you!
-Resident's family member

This is a wonderful facility where everyone is so kind and helpful. Thank you all for providing my husband and his family this great experience! -Resident's wife

Thank you; you all do so well here! -Discharged short-term patient

I'm glad we chose this place. It was the best. We're so grateful for the great care received here. Thanks for all you did.
-Resident and family

I'm so grateful for everything your team has done and you all did a great job and no body can tell me any different.
-Resident's husband

New CNAs

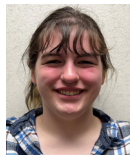
Congratulations to our newly certified CNAs!



Lynn Adams



Macie Arkell



Sarah Bakken



Katerra Barnhart



Roberta Boyer



Zack Hruza



Kourtney Jasmer



Amanda Johnston



Chelsea Kemp



Emma Lamke



Evan Lichtsinn



Liberty McKnight



Olivia Opheim



Breanna Ortiz



Rebecca Self



Cat Torrevillas-Ortiz



Anne Zeug

STAR Awards: Service & Teamwork Award Recognition

The STAR program recognizes Lakewood Health System employees for outstanding performance in the delivery of service to internal and external customers. Employees are nominated by patients or staff members, and voted on by a group of employees who have been designated by their respective department.



Margaret Berscheit, CRA
Reflections Behavioral Health Unit



Karen Tetlie,
Senior Services Admin



Kendra Peterson, RN
Care Center/Memory Care

News & Events

WELCOME!

We would like to welcome all the new residents and tenants who have joined us at Lakewood Health System Care Center and assisted living! We look forward to getting to know you, and hope to see you participating in our daily activities.

IN MEMORY

We remember your loved ones who have been part of the Lakewood family. Thank you for giving us the opportunity to get to know your loved one. They touched our hearts, and will be remembered.

100 CLUB

We have one person who is 100+ years young!

- Bessie Huff - care center resident
-

NEWSLETTER ONLINE

All Senior Living newsletters can be found on our website: lakewoodhealthsystem.com. Under the **Senior Living** tab, click on **View Documents** to download current and past editions of the newsletter.

our team

Chief Executive Officer

Lisa Bjerga

Vice President of Senior Services

Kathy Dobson

Senior Services Medical Director

Julie Benson, MD

Senior Services Advanced Practice Clinician

Amber Rasinski, FNP

Chief Medical Officer

Christine Albrecht, MD

Chief Financial Officer

Joe Reycraft

Programs & Operation Management

Becky Misegades, MSW - Director

Home-Based Services

Deb Toth, RN - Director

Care Center Nursing

Ashley Wallgren, RN - Director

Quality Improvement

Jacque Bartczak, RN - Manager

Social Services

Amy Dummprope, LPN - Case manager

Barb Trantina, LPN - Case manager

Lindsay Kirk, MSW - Licensed social worker

Paul Johnson - Chaplain

Activities Coordinator

Melinda Fox

Business Office - Resident Accounts

Tracy Brand Esler

Michelle Lundquist

Nutrition Services

Bobbijo Mathe - Manager

Maintenance

Alan Schmidt - Senior campus supervisor

Environmental Services

Chris O'Brien - Director

monthly activities – care center

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Scheduled visits throughout the week Watch Church on TV Card or Dice @ 4:00	Exercise @ 9:00 Catholic Church with Jan @ 9:30 Music & Nail Care @ 3:00 Mail Delivery @ 12:30 Bingo @ 1:30 Cards or Dice @ 4:00	Exercise @ 9:00 Bible Study @ 10:00 Church @ 1:30 Garden Club @ 3:00 Card or Dice @ 4:00	Exercise @ 9:00 Men's Group @ 10:15 Mail Delivery @ 12:30 Card or Dice @ 4:00	Exercise @ 9:00 Craft Group @ 10:00 Mail Delivery @ 12:30 Story time @ 3:15 Card or Dice @ 4:00	Exercise @ 9:00 Nail Care @ 10:00 Mail Delivery @ 12:30 Social Time @ 2:00 TV time @ 4:00	Exercise @ 9:00 Trivia @ 1:15 Movie @ 2:00
Scheduled visits throughout the week Watch Church on TV Card or Dice @ 4:00	Exercise @ 9:00 Catholic Church with Jan @ 9:30 Music & Nail Care @ 3:00 Mail Delivery @ 12:30 Bingo @ 1:30 Cards or Dice @ 4:00	Exercise @ 9:00 Bible Study @ 0:00 Mail Delivery @ 12:30 Church @ 1:30 Card or Dice @ 4:00	Exercise @ 9:00 Men's Group @ 10:15 Mail Delivery @ 12:30 Card or Dice @ 4:00	Exercise @ 9:00 Craft Group @ 10:00 Mail Delivery @ 12:30 Bingo @ 1:30 Story time @ 3:15 Card or Dice @ 4:00	Exercise @ 9:00 Nail Care @ 10:00 Mail Delivery @ 12:30 Social Time @ 2:00 TV time @ 4:00	Exercise @ 9:00 Trivia @ 1:15 Movie @ 2:00
Scheduled visits throughout the week Watch Church on TV Card or Dice @ 4:00	Exercise @ 9:00 Catholic Church with Jan @ 9:30 Music & Nail Care @ 3:00 Mail Delivery @ 12:30 Bingo @ 1:30 Cards or Dice @ 4:00	Exercise @ 9:00 Catholic Church with Jan @ 9:30 Mail Delivery @ 12:30 Bingo @ 1:30 Cards or Dice @ 4:00	Exercise @ 9:00 Men's Group @ 10:15 Mail Delivery @ 12:30 Card or Dice @ 4:00	Exercise @ 9:00 Craft Group @ 10:00 Mail Delivery @ 12:30 Communion @ 2:00 Story time @ 3:15 Card or Dice @ 4:00	Exercise @ 9:00 Nail Care @ 10:00 Mail Delivery @ 12:30 Social Time @ 2:00 TV time @ 4:00	Exercise @ 9:00 Trivia @ 1:15 Movie @ 2:00

Special events are not included in this calendar.
This schedule is subject to change.