

SENIOR Living

Kathy's Chronicles

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— Connecting residents, families, employees, and communities. —

Kathy's Chronicles

Person-Centered Care at Lakewood Senior Services

A gentleman recently stopped me in the parking lot of a big box store in Baxter, MN. He said my first name and asked if I still work at Lakewood. I answered yes, and he went on to tell me how much he appreciated the care his father and their entire family received over 15 years ago on our Memory Care Unit. What a testament to the person-centered care we strive for in our mission statement! I could not stop thinking about this encounter and what it says about Lakewood Health System.

To me, it reinforced that people may not remember every detail of a difficult healthcare journey, but they do remember how they and their loved ones were treated. They remember kindness, compassion, dignity, and the feeling that someone truly cared.

At Lakewood Health System Senior Services, person-centered care means seeing each individual as more than a diagnosis or level of care. It means understanding who they are, what matters most to them, and how we can support dignity, independence, and quality of life each day.

Sometimes this means honoring lifelong routines, favorite activities, personal preferences, or meaningful traditions. Other times, it means simply taking the time to listen, support families, and provide comfort during difficult transitions. Small details matter because they help create connection, trust, and a sense of home.

Our interdisciplinary team works together to support the physical, emotional, social, and spiritual well-being of those we serve. We encourage individuals and families to share feedback, participate in care discussions, and help guide decisions whenever possible. Through resident and tenant councils, family councils, and daily interactions, we continue working to improve the experience of those who trust us with their care.

Encounters like the one I experienced are a reminder that the work done at Lakewood leaves a lasting impact – not only on the individuals we serve, but also on the families who walk alongside them.

Because great care starts with knowing the person behind the patient and living out our mission: To provide quality, personalized healthcare for a lifetime.

With respect and appreciation,
Kathy Dobson, LNHA, LALD, LSW
Vice President of Senior Services



A handwritten signature in black ink, appearing to read 'Kathy Dobson'.

OUR MISSION:
to provide quality, personalized healthcare for a lifetime.

OUR VISION:
to empower health and well-being together.

WE VALUE:
integrity, compassion, accountability, high quality, innovation

Here & There

Fall Into Preparedness

As the seasons change, fall is a great time to review emergency preparedness plans. Cooler temperatures, early snowstorms, power outages, and severe weather can arrive with little warning, making it important to be ready before an emergency happens.

Take a few moments to ensure emergency contact information is up to date and important medications, medical supplies, and phone chargers are easily accessible. If you live independently, consider keeping a small emergency kit with flashlights, batteries, bottled water, nonperishable snacks, and a list of important phone numbers. Families may also want to discuss communication plans so everyone knows how to stay connected during an unexpected event.

Resident and tenant safety remains Lakewood's top priority. Our teams regularly review emergency procedures and preparedness plans to help ensure we are ready to respond when needed. By taking simple steps today, we can all enjoy a safer and more secure fall season.

Ombudsman Visit

Earlier this spring, Michele Christensen, the Regional Ombudsman for Long-Term Care, was invited to our Resident Council, where she spent time visiting with our residents and sharing educational opportunities for seniors.

The Office of Ombudsman for Long-Term Care, a program of the Minnesota Board on Aging, serves as a valuable resource and advocate for individuals receiving long-term care services in Minnesota.

The ombudsman works to support residents, tenants, and families by promoting quality care, protecting resident rights, and helping ensure concerns are heard and addressed. They also provide education about rights in long-term care settings and work corroboratively with facilities and families to resolve issues and improve the overall care experience.

In addition to supporting individuals, the ombudsman program helps strengthen long-term care services across the state by identifying opportunities for improvement and sharing feedback that leads to better outcomes for those receiving care.

Overall, the ombudsman serves as a trusted partner in helping ensure individuals in long-term care settings are treated with dignity, respect, and compassion while supporting ongoing quality improvement in care environments.

Here & There, con't

Resident Council Leadership

In May, we elected our new care center Resident Council president and vice president. Due to passing of one of our elected members, a new Resident Council president was announced at the August meeting, based on resident vote counts from May. Our new Resident Council President is Ken D'Ambrogio and our Vice President is BettLou Stelck.

The Resident Council president and vice president play an important leadership role in supporting the voices of all residents within the care center. They attend monthly Resident Council meetings, help guide discussion items, and ensure concerns, ideas, and suggestions from residents are shared and addressed. They also assist in gathering input from fellow residents and communicating important information back to the group to promote transparency and engagement. In addition, they may participate in visits with the Minnesota Department of Health during the annual survey process, helping share the resident perspective and supporting a collaborative approach to quality care and continuous improvement.

CHEERS!

Graduation: The CHEERS team kicked off summer by celebrating our coworkers who recently graduated from high school or college. The graduates from across senior services volunteered to do a walk through at the care center and assisted livings to share their excitement with the residents.



Leaf River Pottery: The CHEERS team arranged for Leaf River Pottery to come to the Senior campus giving staff and families an opportunity to create masterpieces and build memories. Thank you to all who attended!



From the Medical Director

Your Voice, Your Choice: Health Care Directives and POLST

Just as we plan for vacations and family gatherings, it's important to plan for future healthcare decisions. Having a plan helps ensure your wishes are known and respected if you cannot speak for yourself.

Healthcare Directive vs. POLST

A **healthcare directive** is a legal document that allows you to:

- Name someone to make healthcare decisions on your behalf
- Outline the types of care you would or would not want
- Share your values and goals for treatment

Healthcare directives are recommended for all adults, regardless of age or health.

A **POLST (Provider Orders for Life-Sustaining Treatment)** is a medical order signed by a healthcare provider. It is typically intended for people with a serious illness, advanced chronic condition, or significant frailty. A POLST outlines specific treatment preferences, such as:

- Whether CPR should be attempted
- The level of medical treatment desired in an emergency
- Preferences regarding artificial nutrition

Because it is a medical order, a POLST can be followed immediately by emergency responders and healthcare professionals.

Key Differences

Healthcare Directive

- Legal document
- Recommended for all adults
- Names a healthcare decision-maker
- Provides guidance about values and wishes

POLST

- Medical order
- Intended for people with serious illness or frailty
- Does not appoint a decision-maker
- Gives specific treatment instructions

Why You May Need Both

A healthcare directive helps communicate your values and identifies who can make decisions for you. If you later develop a serious medical condition, a POLST can translate your treatment preferences into medical orders that healthcare teams can follow immediately.

Together, these documents help ensure your wishes are understood and honored across healthcare settings.

Take the Next Step

If you do not already have a healthcare directive, consider completing one. If you have a serious illness or advanced chronic condition, talk with your healthcare provider about whether a POLST is appropriate for you.

Planning ahead can reduce stress for loved ones and help ensure your care reflects what matters most to you.



Dr. Julie Benson
Senior Services Medical Director

Staff Spotlights

Mutita Golbeck, Home Care & Hospice RN

I have been at Lakewood since April, and in my role, I visit patients in their home and assist them with nursing services they may need. My favorite part of what I do is being able to help and care for people where they are most comfortable: their home. I also appreciate the flexible schedule and working with an amazing team.

I am from Thailand and I have two boys, ages 15 and 12 years old. I currently live in Browerville. I love cooking, especially Thai food, fishing, and gardening. I would love to learn how to golf and I would like to travel more this year.



Tammy Rosenow, Home Care CNA

I have been working for Lakewood for about seven months and I have the best job as I get to go into homes and help people bathe and assist with other needs they may have. I enjoy my job as it allows me to meet many different people and put a smile on their face.

I have two children: a son who is married with one daughter and another on the way. I also have a daughter who has a son. I love being a grandma! My daughter and I have a little side business making all sorts of things such as tumblers, t-shirts, sweatshirts, candles, and floral arrangements. Another passion I have is redoing furniture. I like scrapbooking and gardening, and I am in the process of making over a couple of rooms in my house.



Sheila Skillings, Home Care & Hospice RN Case Manager

I have been at Lakewood for five years. My job is to admit patients to home care or hospice when needed, assist with wound care, medication set-up, promote socialization with those who are home-bound, and do routine assessments to ensure continuity of care. I love meeting new people and creating positive relationships, using many of my nursing skills in the field independently, and gaining confidence in the work I do, teaching, educating and assessing patients, and working with a GREAT TEAM!

I have six boys and truly LOVE being a boy mom. We enjoy football, basketball, golfing, fishing, tubing down the river in the summer, listening to older country music, singing, hunting and just hanging out with family. We have two dogs and one cat in the house. I enjoy watching my great nieces and have now welcomed a new great niece to the family, and in October will be welcoming a new great nephew and a daughter-in-law to the family.



New CNAs

Congratulations to the newest graduates of Lakewood's CNA classes from April, June, and August!



Staff Spotlights

Katie Schueller, Activities Supervisor

I work on a wonderful team with people who bring fun and joy to the residents of the care center, Pines and Manor. Our goal is to provide social, physical, intellectual, spiritual, and creative activities, tasks, and or projects to our residents every day. What I love most about my job is the relationships gained from working in activities with the residents.

I'm originally from St. Cloud but have been living in the north Brainerd Lakes Area since March of 2018. I am an alumna of BSU and CSB with degrees in public health, exercise science and dietetics. I'm a mom to four active and silly girls (ages 14.5-6.5) and a male German Shepard. I love to cook, travel, thrift and play card games with my girls. You can find me outside gardening, hiking or out on the water



Jaqualine Petersen, RN Supervisor

I have been working at Lakewood for a total of four years and recently became the Wing 2 supervisor at the care center. In my role, I am dedicated to providing personalized, high-quality care and ensuring the safety of every resident. I supervise the direct care team and facilitate clear communication between providers, residents, and their families. What I enjoy most about my job is building close relationships with residents and their families to make it feel like a true home. I am passionate about leading my team to provide the same compassionate, high-quality care I would want for my own family.

Outside of work, I love spending time with my family and taking walks with my St. Bernard. In the summer, you'll often find me kayaking on the Crow Wing river or lakes. I also enjoy staying cozy at home while crocheting and quilting.



Making a Difference: Volunteering with Lakewood Senior Services

We invite community members to explore the many rewarding opportunities available to enrich the lives of residents at Lakewood Care Center, Pines, and Manor. Volunteering with Lakewood's senior living communities is a meaningful way to provide companionship, support, and joy to our seniors. Getting started is simple and includes an application, background check/fingerprinting, and a commitment of at least 10 volunteer hours a year.

Our residents greatly appreciate the simple moments and connections volunteers provide:

- Companionship: Visiting one-on-one with residents/tenants to talk, listen to life stories, go for walks, accompany them to appointments, or read books and newspapers aloud.
- Activity assistance: Helping staff with group activities such as bingo, arts and crafts, trivia, and movie nights.
- Sharing talents: Playing a musical instrument, teaching an art activity, or helping residents use smartphones and tablets.
- Administrative support: Assisting with tasks such as filing, organizing mail, or helping at the front desk.
- Ride-along support: Accompanying residents to appointments to provide companionship and supervision.
- Outdoor activities: Assisting residents with gardening and enjoying outdoor spaces.
- Golf dart tours: Joining residents on community tours using our golf cart.



Barbara and granddaughter, Finnley

Volunteering is a wonderful way to make a difference while building meaningful connections with our residents and staff. If you are interested in becoming a volunteer, please visit www.lakewoodhealthsystem.com/careers to apply. If you need assistance with the application process, feel free to contact me at 218-894-8288 or barbaratrantina@lakewoodhealthsystem.com. We look forward to welcoming new volunteers to our Lakewood family!

Senior Living Activities

Great Work Alert!

Seventh and eighth grade volunteers from Staples Motley High School took part in the Day of Caring, which saw students clean up the grounds at Lakewood Care Center, Pines and Manor, while others spent time with residents and tenants, and assisted with a variety of other projects. A huge thank you to everyone for their hard work and generosity in giving back!



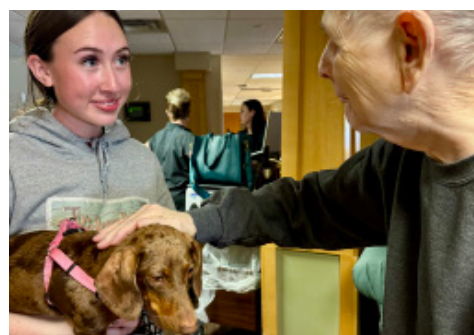
Summer Recap

Right before heading out for summer break, eighth graders from Staples Motley made one last visit to tenants at Lakewood Manor. These weekly visits took place throughout the school year and were a great opportunity for students and tenants to connect and build great friendships.

Residents from Lakewood Pines took a golf cart ride to Debbie's Plants to help pick out flowers for the raised beds.



Lakewood Care Center residents got some snuggles from Tater Tot the dog.



Care center residents showed their patriotic spirit as they celebrated Independence Day with a 4th of July parade.



During the warmer weather months, Lakewood’s Walk with a Doc group meets at the care center on the first Thursday of the month. Residents, their families, and staff really enjoy the opportunity to get out and about.



Around here, we love any opportunity to enjoy a smoothie!



Generosity in Giving

The Great Outdoors

It is with deep appreciation and gratitude we share some of the wonderful new additions to our senior living buildings thanks to the generosity of donors to the Lakewood Foundation. Pergolas were built at Lakewood Care Center and Lakewood Pines, offering residents and tenants a chance to enjoy the weather and time together. Foundation funds also bought large grills for both facilities to use for cookouts, as well as updates to sidewalks and other outdoor areas.



Honoring Annette

The Duane and Linda Hendricks family made a monetary donation to add the Robin's Nest hospice suite at Lakewood Care Center in honor of Linda's mother, Annette Crocker, a former resident at the care center. Thank you for your generosity!



Foundation Appreciation and Giving

We're grateful for the support of our Lakewood community and it has been great to see these additions and enhancements taking shape—they're just one more way our Foundation is helping make Lakewood a place of care, comfort, and connection.

If you have an interest in donating to the Lakewood Foundation, visit the Foundation page at lakewoodhealthsystem.com or scan the below QR code with a smartphone or tablet to be taken directly to the online giving form. For more information about the Foundation, please contact David Jeremiason at 218-894-8711.



What's Cookin'?

Electronic Ordering Has Arrived

We're stepping into the future! Our Care Center dining room is now using an electronic ordering system making meals quicker, more accurate, and smoother than ever. That means more time enjoying great food and less time waiting. Win-win!

Rise & Shine with New Breakfast Favorites

Mornings at Assisted Living just got a delicious upgrade! We've added new breakfast options to bring more variety, flavor, and fun to the most important meal of the day. Get ready to find a new favorite (or two)!

Weekly Specials

Something delicious is on the horizon! We're excited to introduce new weekly specials in the Generations Café. These specials will be thoughtfully planned in advance and featured on a rotating schedule, giving you a variety of fresh, flavorful options to enjoy. From comforting favorites to fun new dishes, there will always be something to look forward to. We'll be announcing the full lineup soon, so keep an eye out, you won't want to miss what's coming next!

Chocolate Mayonnaise Cake

Serves 12

Ingredients

- 2 cups all-purpose flour
- 2 cups sugar
- $\frac{3}{4}$ cup unsweetened cocoa powder
- 2 teaspoons baking powder
- $1\frac{1}{2}$ teaspoons baking soda
- 1 teaspoon salt
- 1 cup buttermilk
- $\frac{3}{4}$ cup mayonnaise
- 2 teaspoons vanilla
- 2 eggs
- 1 cup brewed coffee (cooled)

Instructions

1. Preheat oven to 350°F
2. Grease and lightly flour a 12 cup Bundt cake pan.
3. In a large mixing bowl combine flour, sugar, cocoa powder, baking powder, baking soda, and salt.
4. In a separate large mixing bowl, add the buttermilk, mayonnaise, eggs, and vanilla. Mix well to combine.
5. Stir the mayonnaise mixture and the coffee into the flour mixture until combined. The batter will be thin. Scrape batter into prepared pan and smooth top. Bake until a cake tester comes out with just a few crumbs attached, 30 to 40 minutes.
6. Cool the cake in the pan on a wire rack for ten minutes before turning it out. Remove the cake from the pan and allow it to cool completely.

Recognition & Appreciation

Thank You

I want to thank each of you for the wonderful care you provided [our loved one]. Our tears the day of his passing were tears of appreciation for all the love and compassion he was given here over the years. I didn't realize how many of the younger staff really knew him and what he liked; that means so much.

- Resident family member

When I was in the hospital and my kids told me I had to come here for rehab I was so mad and scared. My husband was in a nursing home and it was not a pleasant experience so I was apprehensive about the care I would receive here. But oh boy, was I wrong. If there is a place on earth closer to heaven, this is it. No matter who came into my room whether it was a cook, an aide, or a nurse, they treated me with such dignity, kindness, and left me feeling special every time. I have been blown away by the number of young people working here and how wonderful they all are. If I have to go into a home again this is where I want to come. I am no longer scared of the nursing home because of all of you and how you treated me. I am beyond grateful.

- Rehab resident

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.



Sondra Bolme, CNA
Rehab & Care Center



Mel Christensen, CNA
Activities



Pamela Brown, RN
Care Center



Amy Dumpprope, LPN | **Karen Tetlie, CAP**
Resident Services | Admin Assistant

News & FYIs

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.

NEWSLETTER ONLINE

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

100 CLUB

- Jeanette Olson
- Aletha Deyonge

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 Finance Officer

Joe Reycraft

Lakewood Pines & Manor

Tyler Davidson, RN - Assisted Living
Director/Clinical Nurse Supervisor

Home-Based Services

Deb Toth, RN - Director

Care Center Nursing

Ashley Wallgren, RN - Director

Quality Improvement

Taylor Senden - Coordinator

Social Services

Lindsay Kirk, MSW
Madeline Revering, LSW

Resident Services

Amy Dumpprope, LPN - RS Coordinator
Barb Trantina, LPN - RS Coordinator

Spiritual Health

Paul Johnson - Chaplain

Activities

Katie Schueller - Supervisor

Business Office - Resident Accounts

Tracy Brand Esler
Michelle Lundquist

Nutrition Services

Bobbijo Rinas - Manager

Maintenance

Alan Schmidt - Senior campus manager

Environmental Services

Chris O'Brien - Director

monthly activities - the pines

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
11 am Catholic Mass 2:15 pm Ice Cream Social 7:15 pm Snack	10:45 am Exercise 11 am Daily Chronicle 3 pm Bingo 2:15 pm Snack 7:15 pm Snack	10:45 am Exercise 11 am Daily Chronicle 1 pm Corn Hole 2:15 pm Snack 3 pm Chapel 7:15 pm Snack	8 am Breakfast Club 10:45 am Exercise 1 pm Tenant Council 2 pm Food for Thought 2:15 pm Snack 7:15 pm Snack	10:45 am Exercise 11 am Daily Chronicle 2:15 pm Snack 2:30 pm Fancy Nails 7:15 pm Snack	10:45 am Exercise 11 am Daily Chronicle 1 pm Bingo 2:15 pm Snack 7:15 pm Snack	10:45 am Exercise 2:15 pm Snack 6 pm Movie & Popcorn 7:15 pm Snack
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monthly activities – care center

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Exercise @ 9:00 Visiting Church @ 2:00 Games and happy hour @ 3:00 Card or Dice @ 4:00	Exercise @ 9:00 Catholic Communion with Jan @ 9:30 Nail Care @ 10:15 Mail Delivery @ 12:30 Bingo @ 1:30 Cards or Dice @ 4:00	Exercise @ 9:00 Men's Group @ 10:00 Mail Delivery @ 12:30 Church @ 2:00 Cards or Dice @ 4:00 Brain Games @ 6:30 Square dancers @ 7:00	Exercise @ 9:00 Activity @ 10:00 Golf cart rides @ 11:00 Mail Delivery @ 12:30 Patio time @ 2:00 Cards or Dice @ 4:00	Exercise @ 9:00 Bible study @ 10:00 Mail Delivery @ 12:30 Bingo @ 1:30 Cards or Dice @ 4:00 Brain games @ 6:30	Exercise @ 9:00 Story Time @ 10:00 Mail Delivery @ 12:30 Social/music @ 2:00 Cards or Dice @ 4:00	Exercise @ 9:00 Mail Delivery @ 12:30 Trivia @ 1:30 Movie @ 2:00 Cards or Dice @ 4:00
Exercise @ 9:00 Visiting Church @ 2:00 Games and happy hour @ 3:00 Card or Dice @ 4:00	Exercise @ 9:00 Catholic Communion with Jan @ 9:30 Nail Care @ 10:15 Mail Delivery @ 12:30 Bingo @ 1:30 Cards or Dice @ 4:00	Exercise @ 9:00 Men's Group @ 10:00 Mail Delivery @ 12:30 Church @ 2:00 Cards or Dice @ 4:00 Brain Games @ 6:30 Square dancers @ 7:00	Exercise @ 9:00 Activity @ 10:00 Golf cart rides @ 11:00 Mail Delivery @ 12:30 Patio time @ 2:00 Cards or Dice @ 4:00	Exercise @ 9:00 Bible study @ 10:00 Mail Delivery @ 12:30 Bingo @ 1:30 Cards or Dice @ 4:00 Brain games @ 6:30	Exercise @ 9:00 Story Time @ 10:00 Mail Delivery @ 12:30 Social/music @ 2:00 Cards or Dice @ 4:00	Exercise @ 9:00 Mail Delivery @ 12:30 Trivia @ 1:30 Movie @ 2:00 Cards or Dice @ 4:00
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