

SUMMER 2025

SENIOR Living

Kathy's Chronicles

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Kathy's Chronicles

CHEERS is Here!

Our Senior Services division is thrilled to introduce a brand-new initiative to celebrate OUR TEAM! Say hello to CHEERS, a dynamic new team made up of front-line staff from all departments across Senior Services.

CHEERS stands for:

- Collaboration
- Home
- Engagement
- Enrichment
- Resident-focused
- Support

Meet your CHEERS Team:

- Administration Support and Committee Chairs: Karen Tetlie and Kendra Petersen
- Home Based Services: Becca and Kristie
- Care Center: Kyle and Maura
- Assisted Living: Lexi and Felicia
- Leadership Sponsor: Kathy Dobson

What is CHEERS?

The work we do is incredibly important, but so is ensuring you feel connected to your teammates across the division and truly appreciated for everything you do! The CHEERS team will organize both big and small events to foster connection, collaboration, and most importantly—FUN! Everyone is welcome to join in on the celebrations, and we're committed to including everyone who wants to be part of these events and appreciation activities.

Stay tuned for more details, but for now, get ready to celebrate YOU!

CHEERS,
Kathy Dobson, LNHA, LALD, LSW



OUR MISSION

is 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

Emergency Preparedness

Lakewood Health System team members continue to enhance their responses to emerging situations, both emergent and non-emergent, across the system, by participating in drills, table top exercises and full-scale exercises. This participation enables us to be ready to respond to any event that may arise, from a weather-related event to an infectious disease type event. Lakewood utilizes what is called a Healthcare Incident Command System (HICS) to manage incidents, such as emergencies, disasters and special events.

HICS is a standardized framework used to provide a structured approach and response. Here at Senior Services, we stood up our HICS team on several occasions this past fall and winter to respond to influenza, norovirus and a COVID outbreak. We also successfully completed scheduled maintenance on our hot water system with planning and preparation via HICS. Team members engaged in a cybersecurity exercise to test our response and capabilities should we experience this type of event in the future.

In summary we want you to know the Senior Services team is very engaged in mitigation and preparation efforts should an emergency event happen and resident, visitor and staff safety are our number one priority.

Resident/Tenant Councils: A Voice for Every Resident

Resident/Tenant Council meetings are held monthly at Lakewood Pines, Manor, and the care center, providing a welcoming space for tenants and residents to share their thoughts, ideas, and experiences. These meetings are open to all residents and tenants and offer an opportunity to highlight both what's working well and areas where they see potential for improvement. Each meeting reflects the unique perspectives and priorities of the residents and tenants in that building.

Residents and tenants are encouraged to provide feedback on a range of topics, including dining services, call light response times, available activities, and nursing support. This open dialogue helps foster a sense of community and ensures residents and tenants feel heard and valued.

When suggestions or concerns are shared, they are passed along to the appropriate department manager for review and follow-up. In some cases, they may also be brought to the Quality Improvement Committee to support broader efforts in tracking trends and enhancing overall service quality. Additionally, the regional Ombudsman joins us annually to meet with residents and tenants to offer an outside perspective and support.

Resident/Tenant Councils are a vital part of keeping our community strong, responsive, and focused on continuous improvement.

The Benefits of Home Care Services

The benefits of having home care services include receiving personalized medical care in the comfort of your own home, allows for one-on-one care while maintaining your personal daily routines, and generally improves healing, resulting in a faster recovery. If you would like additional information about home care services, please reach out to our Home-Based Services team at 218-894-8080.

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: www.lakewoodhealthsystem.com/patients-visitors/volunteering or email: humanresources@lakewoodhealthsystem.com

What's Cookin'

Summer Grilling

We're bringing the flavor and fun of summer outdoors with our new monthly grilling days! Once a month during the summer, our team will be firing up the grill and preparing a variety of grilled favorites for our residents to enjoy. From juicy burgers and hot dogs to grilled veggies and summer sides, these outdoor meals add a festive, picnic-style atmosphere that many residents look forward to. It's a great opportunity to enjoy delicious food together!

New Restaurant-Style Dining Service

We've recently implemented a new restaurant-style service model in our main dining room. This means residents are now seated and served by staff just like in a restaurant – with personalized attention and meals brought directly to the table. Early feedback has been overwhelmingly positive. Residents are noticing that their food is arriving hotter, more accurately prepared, and in a more organized, relaxed setting. This change also helps create a more dignified and enjoyable mealtime experience, encouraging conversation and connection among residents and staff.

Our goal is always to enhance quality of life through food and service, and we're proud of how these changes are already making a difference.

Recipe: Dill Pickle Salad

Ingredients:

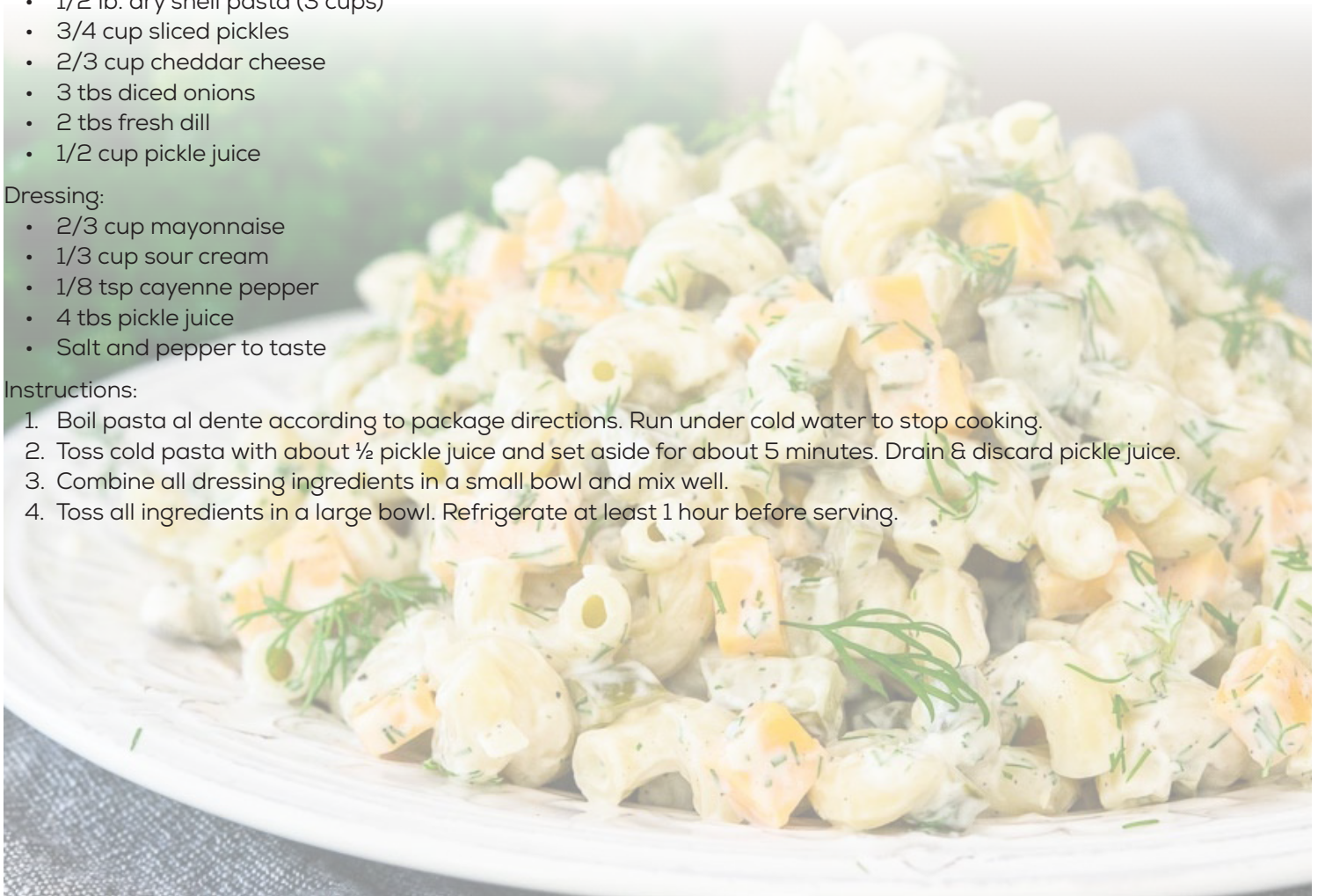
- 1/2 lb. dry shell pasta (3 cups)
- 3/4 cup sliced pickles
- 2/3 cup cheddar cheese
- 3 tbs diced onions
- 2 tbs fresh dill
- 1/2 cup pickle juice

Dressing:

- 2/3 cup mayonnaise
- 1/3 cup sour cream
- 1/8 tsp cayenne pepper
- 4 tbs pickle juice
- Salt and pepper to taste

Instructions:

1. Boil pasta al dente according to package directions. Run under cold water to stop cooking.
2. Toss cold pasta with about 1/2 cup pickle juice and set aside for about 5 minutes. Drain & discard pickle juice.
3. Combine all dressing ingredients in a small bowl and mix well.
4. Toss all ingredients in a large bowl. Refrigerate at least 1 hour before serving.



What & Where

What in Tarnation Does a Medical Director Do?

As medical director for Lakewood Health System's Senior Services division, I am privileged to wear many hats in service to both our residents and our staff. While my role involves attending meetings, signing paperwork, and reviewing documents, the heart of my work is ensuring that every resident receives the highest quality care possible. Long-term care is one of the most highly regulated industries—second only to nuclear power, I sometimes joke. With ever-evolving regulations, keeping up can be daunting, but the effort is always worth it. The ultimate goal is not just compliance but ensuring our residents live with dignity, comfort, and the best medical support available.

One of the greatest joys of this role is working with an outstanding team of caregivers. The nurses, therapists, aides, and administrative staff at our nursing home, assisted living facilities, and rehabilitation center are not just skilled professionals—they are people who genuinely love what they do. Every week, I have the opportunity to collaborate with some of the finest individuals in the field. I often find myself in meetings simply marveling at the dedication and teamwork on display. These are people who go beyond the requirements of their job descriptions to bring kindness, expertise, and innovation to senior care.

Though many of our meetings are driven by regulatory requirements, they serve a greater purpose. We don't just check boxes—we engage in thoughtful discussions about how to provide better care. Every meeting, without fail, someone will ask, "What is best for the residents?" It is this shared commitment that ensures we make decisions with our residents' well-being at the center. Each member of the team, from dietary and facilities staff to social workers and nurses, brings a unique perspective, allowing us to approach challenges with a holistic and compassionate mind-set.

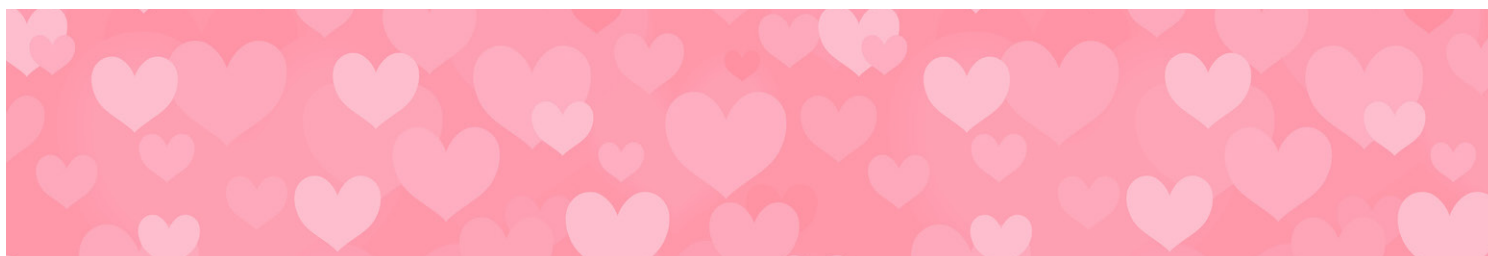
Ultimately, being a medical director in long-term care is about advocacy, leadership, and ensuring no detail is overlooked when it comes to resident care. It is an honor to serve in a field where every decision has the potential to improve lives. While the paperwork and policies are important, they are simply tools to support the bigger mission: creating an environment where seniors receive not just medical treatment but genuine care, respect, and a place to call home.



Dr. Julie Benson
Senior Services Medical Director

Valentine's Surprise

Lakewood's radiology team put smiles on the faces of many care center residents and Lakewood Pines and Manor tenants by making them hand-crafted Valentines. Thank you for your creativity and kindness!



Spotlight

Certified CNAs

Congratulations to all those who recently completed their CNA certification! We are proud to offer certification training at Lakewood, and are continually honored by those who choose to work and provide care to our residents, tenants and patients. If you or someone you know is interested in becoming a certified CNA, visit the Careers page of our website to learn more and apply: www.lakewoodhealthsystem.com/patients-visitors/careers



February

Back row: Kathy Dobson, Rosa Rohr, Maddy Reed, Kinze Bounds, & Kendra Petersen.

Front row: Grace Horner & Lyndsay Pugsley.

Not pictured: Sherri Wolpert.



May

Back row: Alyssa Cole, Kendra Petersen, Danielle Engebretson, Briana Blais & Ashley Wallgren.

Front row: JD Delano.



June

Back row: Kathy Dobson, Ashley Wallgren, Isaac Marte, Abbi Rambo, Alainna Dobson, Jayda Davis, & Kendra Petersen.

Front Row: Rochelle Dean & Miette Hansel.

Care Center Activities

Visits with Theo

Residents and staff alike are always thrilled when Theo the dog comes for a visit!



Gingerbread Houses

Residents tried their hand at building gingerbread houses back in December. There was a lot of innovation, creativity and laughter all around.



CC Activities, con't

Christmas Cup of Cheer

Back in December, the care center residents received a visit from Santa Claus during their annual Christmas Cup of Cheer event. Residents and their families were invited to attend and enjoy an array of cookies and a hot chocolate bar put together by Lakewood's SC Nutritional Services team. The dining room was full of people, fun and holiday cheer!



Honoring Veterans

The Motley American Legion came to the care center to give resident veterans a special Christmas gift and present the care center with an American flag which is displayed by the piano in the resident dining room. We are so appreciative of the Legion's time and efforts to ensure our veterans are honored for all they've done and given.



Assisted Living **Activities**

Love Board

Tenants shared pictures of themselves and their loved one the love board during the month of February.



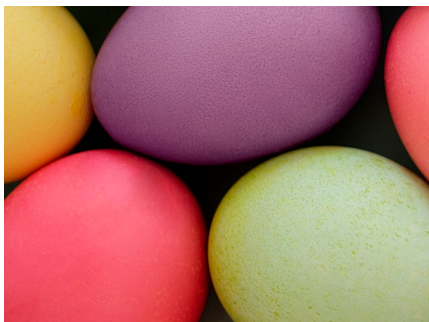
Music by Tony Pitschka

Tenants had the opportunity to enjoy the music stylings of Tony Pitschka. Thanks, Tony!



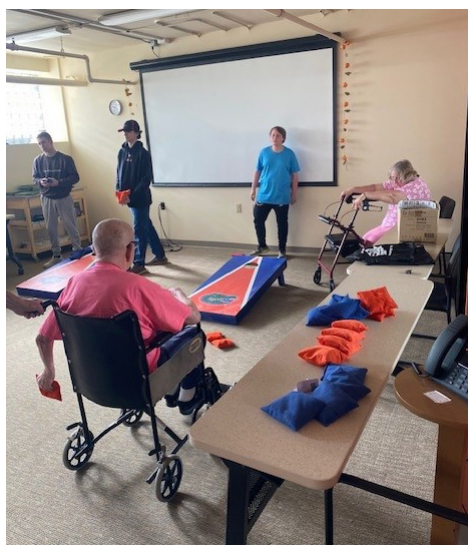
Dying Egg-cellent Eggs

Things were sure looking good as tenants (with help from Jackson Close) dyed some Easter eggs.



8th Grade Visitors

Tenants enjoyed spending time with some Staples-Motley 8th grade students, playing cards, corn hole, taking walks around the block, and chatting. Their time spent together is thoroughly enjoyed by all and we hope to continue this great opportunity in the future.



Recognition & Appreciation

Thank You

Thank you to all staff members from all departments for your amazing care, empathy and support. Making the transition to hospice care quickly became evident that we chose the right facility, because of each of you. Please know that every department plays a major role in the patient and family experience/care.

-Resident family

Thank you to everyone for the great care! Everyone here is so nice and I have not one bad thing to say about my stay. Thanks for all you do!

-Short-term stay patient

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.



Tracy Brand Esler
Billing



Pam Brown, RN
Care Center



Janelle VanAlst, RN
Employee Health



Mike O'Keefe, CNA
Care Center



Kristi Sistad, LPN
Home-Based Services



Debbie Foster
Home-Based Services

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 **View Documents** to download current and past editions of the newsletter.

100 CLUB

Jeanette Olson

What's the secret to making the 100 Club, according to Jeanette: I exercised every day. Even during TV time, I was exercising. I did yoga; it's great for your body. I eat carrots almost every day. I also had five children. The last two were twins, and then we said, 'Amen'!



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

Assisted Living

Alexis Close, RN - Director

Home-Based Services

Deb Toth, RN - Director

Care Center Nursing

Ashley Wallgren, RN - Director

Quality Improvement

Taylor Senden - Coordinator

Social Services

Amy Dummprope, LPN - Case manager

Barb Trantina, LPN - Case manager

Lindsay Kirk, MSW - Licensed social worker

Paul Johnson - Chaplain

Activities Supervisor

Robert Laughery

Business Office - Resident Accounts

Tracy Brand Esler

Michelle Lundquist

Nutrition Services

Bobbijo Rinas - Manager

Maintenance

Alan Schmidt - Senior campus supervisor

Environmental Services

Chris O'Brien - Director

monthly activities - the pines

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11am Catholic Mass 2pm Ice Cream Social 7pm Snack	1045am Exercise 2pm Snack 3pm Bingo 7pm Snack	1045am Exercise 11am Daily Chronicle 1pm Corn Hole 2pm Snack 3pm Chapel 7pm Snack	8am Breakfast Club 1045am Exercise 1pm Tenant Council 2pm Snack 7pm Snack	1045am Exercise 2pm Snack 3pm Fancy Nails 7pm Snack	1045am Exercise 11am Daily Chronicle 1pm Bingo 2pm Snack 7pm Snack	1045am Exercise 2pm Snack 7pm Snack
11am Catholic Mass 2pm Ice Cream Social 7pm Snack	1045am Exercise 2pm Snack 3pm Bingo 7pm Snack	1045am Exercise 11am Daily Chronicle 1pm Brain Games 2pm Snack 3pm Chapel 7pm Snack	1045am Exercise 2pm Snack Activity 7pm Snack	1045am Exercise 2pm Snack 3pm Fancy Nails 7pm Snack	1045am Exercise 11am Daily Chronicle 1pm Bingo 2pm Snack 7pm Snack	1045am Exercise 2pm Snack 7pm Snack
11am Catholic Mass 2pm Ice Cream Social 7pm Snack	1045am Exercise 2pm Snack 3pm Bingo 7pm Snack	1045am Exercise 11am Daily Chronicle 1pm Corn Hole 2pm Snack 3pm Chapel 7pm Snack	1045am Exercise 2pm Snack Activity 7pm Snack	1045am Exercise 2pm Snack 3pm Fancy Nails 7pm Snack	1045am Exercise 11am Daily Chronicle 1pm Bingo 2pm Snack 7pm Snack	1045am Exercise 2pm Snack 7pm Snack

monthly activities – the manor

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11am Catholic Mass 2pm Ice Cream Social 7pm Snack	1030am Exercise 11amDaily Chronicle 1pm Bingo 2pm Snack 7pm Snack	1030am Exercise 2pm Snack 230pm Corn Hole 4pm Chapel 7pm Snack	1030am Exercise 2pm Snack 6pm Dirty Bingo 7pm Snack	1030am Exercise 11amDaily Chronicle 1pm Fancy Nails 2pm Snack 7pm Snack	1030am Exercise 2pm Snack 3pm Bingo 7pm Snack	1030am Exercise 2pm Snack 530pm Movie & Popcorn (Tenant's Choice)
11am Catholic Mass 2pm Ice Cream Social 7pm Snack	1030am Exercise 11amDaily Chronicle 1pm Bingo 2pm Snack 7pm Snack	1030am Exercise 2pm Snack 230pm Brain Games 4pm Chapel 7pm Snack	8am Breakfast Club 1030am Exercise 1230pm Council 2pm Snack 6pm Dirty Bingo 7pm Snack	1030am Exercise 11amDaily Chronicle 1pm Fancy Nails 2pm Snack 7pm Snack	1030am Exercise 2pm Snack 3pm Bingo 7pm Snack	1030 Exercise Manor Birthday Party! “Friendsgiving” 1pm-3pm 530pm Movie & Popcorn (Tenant's Choice)
11am Catholic Mass 2pm Ice Cream Social 7pm Snack	1030am Exercise 11amDaily Chronicle 1pm Bingo 2pm Snack 7pm Snack	1030am Exercise 2pm Snack 230pm Corn Hole 4pm Chapel 7pm Snack	1030am Exercise 2pm Snack 6pm Dirty Bingo 7pm Snack	1030am Exercise 11amDaily Chronicle 1pm Fancy Nails 2pm Snack 7pm Snack	1030am Exercise 2pm Snack 3pm Bingo 7pm Snack	1030am Exercise 2pm Snack 530pm Movie & Popcorn (Tenant's Choice)
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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
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