

## Sensory Stimulation with Wind Chimes

Wind chimes can provide valuable sensory stimulation for seniors, especially for people living with dementia and those confined to bed.

Listening to wind chimes brings peace and contentment. Hang them close to windows in the rooms of residents or on balconies, patios and verandas. Wind chimes have been known to have a healing effect on the mind; reducing stress and promoting relaxation with their soothing melodies created by the wind.

### Benefits of Wind Chimes

Wind chimes can provide many benefits, including:

- Stimulate the senses
- Calm restless minds
- Provide entertainment and relieve boredom
- Promote interaction & communication
- Wind chimes also look beautiful!

### Origins of Wind Chimes

Wind chimes originated in China, where it was believed they warded off negative energy and increased the flow of 'CHI' (positive energy) in their surroundings. Wind chimes are played by the breeze and produce melodious sounds, sometimes tinkling, sometimes sharp, depending on the size and types of materials used.

They can be made from a wide variety of different materials including bamboo, metal, earthenware, shell, stone, aluminum, glass or porcelain. Each wind chime has its own unique tone and pitch. Prices vary from inexpensive to very expensive (\$10 to \$500+). You can also make your own wind chimes.

### How to choose the right wind chime

- The number of tubes in a wind chime determines the variety of sound. Generally, the larger the diameter and longer the length the lower and deeper the sound.
- If choosing a wind chime without tubes look out for tone and depth (bamboo chimes have mellow tones and look great).
- Buy wind chimes that are on display so you know how they sound.
- The size of the wind chime does not matter; if you have the space you may buy a large one. The most important thing is that the sound is pleasing to the ear.
- Be considerate of neighbors; some wind chimes are rather loud.

## July Birthdays

In astrology, those born between July 1–22 are Cancer's Crabs. Crabs care deeply about their family and home. After all, they carry one on their backs! Guided by their hearts, Crabs are sympathetic and loyal friends and imaginative collaborators. Those born between July 23–31 are Leo's Lions, the zodiac's natural-born leaders. Dramatic, confident, and humorous, Leos are adept at rallying people to a common cause and finding creative solutions in the trickiest of situations.



7<sup>th</sup> - **Cindy J.**      21<sup>st</sup> - **Elissa N.**  
 10<sup>th</sup> - **Lorie P.**      26<sup>th</sup> - **Dora**  
 16<sup>th</sup> - **Mike**          26<sup>th</sup> - **Graydon (HH)**  
 18<sup>th</sup> - **Ashley K.**      28<sup>th</sup> - **Bev**  
 20<sup>th</sup> - **Lorraine**



(Wind Chimes cont.)

If a resident does not enjoy having a window or door open, consider a solar chime. These are great alternatives to traditional chimes and can be hung in sunlight indoors. They are more expensive, however.

Wind chimes are so lovely to have around. They provide a tranquil and pleasing sound that fills the area. I own four wind chimes, and I never tire of listening to them!

*NOTE: Wind chimes are not suitable for everybody and some could have adverse reactions. Consult with clinical staff before introducing wind chimes to residents.*

Source: [www.goldencarers.org](http://www.goldencarers.org)



**Halstad Living Center  
& Heritage House**  
 Members of Lutheran Homes

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## Things We are Looking Forward to in July

**Seeing family and friends on the patio**

**Eating grilled burgers**

**More watermelon**

**Crop Tours**

**Special cold treats on the patio**

**Going on bike and golf cart rides**

**Socially distanced group activities**

**The sound of thunder storms and smell of rain**

**Fresh green beans and tomatoes from the garden**



We have good news to share about outdoor visiting options starting June 25, 2020. Thanks to you, our staff, and community, we are managing the risks of COVID-19 well at Halstad Living Center.

As a result, the Minnesota Department of Health has provided guidance on visiting in our outside areas. Indoor visits will continue to be limited to essential health care personnel and compassionate care situations for now. Look for a survey to arrive soon asking your feedback about moving into this next stage of visiting.

Here are the details of our Outdoor Visiting program:

- You **MUST** call 218.456.2105 to schedule your visit. Visits can be scheduled from 9:00-11:00 am and 1:00-4:00 pm Monday through Friday. Exceptions may be made on a case by case basis. We would hope to extend those hours in the near future; however, the visits must be with staff present, therefore the hours are limited at this time. Please plan on the visit being 20 minutes or less.
- Outdoor visits will be held on the front patio with the resident inside the retaining wall and the visitors outside of the retaining wall. Distance indicators will be marked.
- Prior to the visit, all family members must get screened by HLC staff at the front entry. Hand sanitizer and masks must be used.
- To continue protecting everyone from potential virus transmission, we ask that you avoid hugs, handshakes and other physical contact.
- During your first outdoor visit, we'll ask you to read a description of the visit requirements, agree to follow those instructions, and accept that there is some COVID-19 risk even in these protected situations.

Just because we age doesn't mean we stop loving the things we did in our youth. Horses were a huge part of Bev's life. She and her husband Glen and their kids rode, showed, and paraded horses for many many years. One of our CNAs provided her with the opportunity to spend a little quality time with a sweet soul. A perfect 98<sup>th</sup> birthday gift!



Thank you Berent Wegge and Reno. You are amazing!

## Generous Donation

We would like to extend a huge thank you to the Halstad Living Center Auxiliary for the donation of a blanket warmer for the residents. The warm blankets seem to help provide pain relief and reduce anxiety for some of our residents. When given a warm blanket while in the chilly beauty shop one resident stated, "Oh, you know exactly what I need." It is amazing how something so simple can make such a large impact.



The first official riders for our Cycling Without Age program. Looking forward to many more!

CYCLING WITHOUT AGE  
HALSTAD



### Punny Business

"How was the food at the Fourth of July picnic?"



### Fourth of July Facts:

- ★ Only John Hancock and Charles Thomson signed the Declaration of Independence on July 4<sup>th</sup> - most others signed on August 2<sup>nd</sup>.
- ★ July 4<sup>th</sup> wasn't deemed a federal holiday until 1870, nearly 100 years after the nation was founded.
- ★ Fireworks have been a major part of Fourth of July since 1777.
- ★ Americans consume around 155 million hot dogs and 700 million pounds of chicken on the 4<sup>th</sup> of July each year. They also spend \$92 million on chips, \$167.5 million on watermelon, and \$341.4 million on beer.
- ★ Benjamin Franklin proposed the turkey as the national bird but was overruled in favor of the bald eagle.
- ★ Every 4<sup>th</sup> of July the Liberty Bell in Philadelphia is tapped (not actually rung) thirteen times in honor of the original thirteen colonies.
- ★ The tune of the National Anthem was originally used by an English drinking song.
- ★ Each year Americans light about 200 million pounds of fireworks at a cost of over \$1 billion every year.



### Making the Difference!



Jenna Stelter, TMA, CNA, HSS

Jenna joined the Halstad Living Center staff in January of 2015 and will complete her 20<sup>th</sup> year as a CNA in March of 2021. She received her Health Support Specialist certification in 2018 and Trained Medical Assistant certification last year. Jenna also plans to continue on to get her RN degree in the Fall.

Jenna's favorite thing about her job "is creating bonds with my residents." She also loves connecting with her "work family" and the small town feel of our HLC community.

In her spare time Jenna enjoys spending time outside in the pool, hanging out with her family and especially her fur-baby Hank.

Thanks, Jenna, for making the difference!

"The hot dogs were bad and the brats were wurst!"