

Making the Difference!



Reed Leuthner, Registered Nurse

Reed started his caregiving career working as a Certified Nursing Assistant at Pioneer Care in Fergus Falls and then at New Perspective Senior Living in West Fargo. He found his way to Halstad Living Center in May of 2018. Reed decided to expand his caregiving expertise and, after taking classes while working, passed his boards as a Registered Nurse this fall.

“My favorite part about working at HLC is my work family. I love the family orientated environment.” Reed is a great team player, picking up shifts and helping the residents with anything they need. He has even been known to paint finger nails from time to time.

Reed and his fiancé, Cassie, recently purchased a 13.5-acre farmstead near Hendrum where they reside with Cassie’s daughter, Nayeli (13), and their six dogs and three farm cats.

Reed enjoys mowing the grass in the summer but is not crazy about moving snow in the winter. He loves travelling when he can and spending time with family.

Thanks, Reed, for making the difference!



Covid-19 Vaccine Info Continued:

WHAT WE KNOW ABOUT THE VACCINE

for COVID-19



WHEN WILL IT BE AVAILABLE?

Several COVID-19 vaccines are in development. Vaccines could be ready in late 2020 or early 2021 for some groups of people.

The first doses of COVID-19 vaccine will likely be given to people working in health care and long-term care settings. Other groups that may get some of the early doses include adults with high-risk medical conditions and older adults.



WHY SHOULD I BE VACCINATED?

Getting vaccinated against COVID-19 is one of the best ways to protect yourself and everyone around you, particularly those who are at increased risk for severe illness. Wearing masks and social distancing help reduce your chance of being exposed to the virus or spreading it to others, but these measures are not enough. Vaccines will work with your immune system so it is ready to fight the virus if you are exposed.



HOW WE WILL KNOW IT IS SAFE?

Having a safe and effective vaccine is the top priority. Approving vaccines as safe and making sure they work is up to several scientific groups at the Food and Drug Administration (FDA) and the Centers for Disease Control and Prevention (CDC). The CDC Advisory Committee on Immunization Practices and other groups look at available information about a vaccine and make informed decisions about the risks and benefits of using it.



WHAT CAN I DO NOW?

Continue to help slow the spread of COVID-19: Wear a mask, wash your hands often, stay 6 feet away from other people, and stay home if you are sick. Doing all of these things will help keep people healthy until a vaccine is widely available.



For more information contact:
Kari Everson
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Sources:
CDC.gov, Benefits of Getting a COVID-19 Vaccine
health.state.mn.us, COVID-19 Vaccine
11/24/2020

Please feel free to contact Angie Nelson, Administrator, or Tiffany Romero, Infection Preventionist, with any questions you may have: 218.456.2105, angienelson@rrv.net, tromero@rrv.net



December Wishes:

Decorated Sugar Cookies

Twinkling Lights

Family Phone Calls

Santa’s Visit

Christmas Carols

Lefse

Rosy Cheeks

Jingle Bells

Christmas Card Greetings

Frosty Windows

Hot Apple Cider

Movies & Popcorn

Health & Happiness

COVID-19 Vaccine Info

Why should I get vaccinated?

Getting vaccinated against COVID-19 is one of the best ways to protect yourself and everyone around you, particularly those who are at increased risk for severe illness. Wearing masks and social distancing help reduce your chance of being exposed to the virus or spreading it to others, but these measures are not enough. Vaccines will work with your immune system so it is ready to fight the virus if you are exposed. **Getting these shots will not only protect you from being infected; it will help us take a big step towards ending this pandemic.**

Is there any risk that I can get COVID-19 from the vaccination?

No, there is no risk of getting COVID-19 from the vaccination. This vaccination contains no actual COVID-19 virus. Like the influenza vaccine, the virus is inactivated. You may experience some side effects from the vaccine such as a sore arm, mild aches, or fever. This is your immune system responding to the vaccine and is expected. This does not mean you are getting sick with COVID-19. We need the vaccine to trigger this immune response to produce the immunity you need against COVID-19.

How do we know it’s safe since it was developed so quickly?

Scientists have worked on coronavirus research for decades starting with the original SARS outbreak and influenza. Scientists only needed to isolate certain things about COVID-19 to begin creating a vaccine because we already know so much about the type of virus. Due to the public health crisis created by the pandemic, many private, government and independent groups came together and cooperated on a vaccine. This scale of cooperation is not typical, and the partnership created resources and information sharing to develop the vaccine faster.

What are the side effects of the vaccine? Are there long-term effects?

There may be side-effects from the COVID-19 vaccination such as a sore arm, mild, generalized aches, headache, and fever. These side effects are more common after the first injection and not as common after the second injection. This vaccine will not make you sick with COVID-19; the side-effects are a result of your body’s immune system working to understand and create a response to the virus which is needed for your immunity. The long-term effects are still being studied. The first two months show no severe side effects. As with all vaccinations, long-term effects are monitored for up to 10 years.

Is it better to get natural immunity for COVID by getting the virus instead of the vaccine?

In many cases, the way to develop natural immunity to a pathogen is to become sick, have our immune systems respond, and then our immune system “remembers” the pathogen to keep us from getting sick again. However, our immune systems cannot always “remember” the pathogen; or, it cannot always fight off the virus. Right now, we don’t know if becoming sick with COVID-19 actually causes you to be immune to re-infection with the virus or not. We believe the vaccination does provide immunity to the disease. Additionally, there is no way to predict whether or not someone with COVID-19 will develop severe disease and suffer significant health complications or not; becoming sick is a risk and there is no way to predict the outcome of illness. You will not become sick from the COVID-19 vaccine.

Continued on last page

Gift Ideas for Family and Friends in Long Term Care:

Though we can't be together for Christmas this year we can try to lift the spirits of our friends and family by sending a little something for them to open with their Living Center family on Christmas. Here are some ideas of things they might like.

Blankets and outerwear

Extra blankets are always welcome. Blankets brighten a room, while helping residents keep warm and cozy.

Gripper slippers or socks

Cold feet need warm slippers. Easy-to-put-on fleece or fuzzy slippers with small rubber grippers on the bottom are a good find.

Bird feeder

Is your resident a nature-lover who has an outdoor view? If so, you can encourage bird-watching with a shepherd's crook and bird feeder. Don't forget to bring in bird feed, so volunteers can keep it filled.

Framed photos and artwork

Think wall decor for a resident's room where surface space is scarce. Framed photos that serve as reminders of the past, such as wedding pictures or holiday shots, add an individual touch and a sense of family history. Artwork – from grandchildren's drawings to masterpiece prints – bring color and life to the room.

Wreaths

Wreaths set off the entrance to a resident's room. Seasonality isn't necessarily the point – in many nursing homes, wreaths with wintry holly and greens, autumnal themes or glittering concoctions of ribbons and bows can all adorn a single residence. By helping residents easily find their rooms on look-alike units, wreaths also serve as landmarks.

Goodies for sharing

A box of individually wrapped chocolates or candies is a nice way for residents to enjoy and distribute treats to their neighbors.

Flowers

If someone loves flowers, a fresh bouquet makes a great surprise.

Sports team merchandise

Mugs, caps and jerseys and other sports merchandise with a team logo let residents proclaim their fandom.

Bath and grooming products

Why not bring along a small basket filled with bottles of shampoo and body wash? Dry skin is a persistent problem for older adults, so lotion also comes in handy.

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December Birthdays

In astrology, those born between December 1–21 are the Archers of Sagittarius. The Archer's open mind, optimism, curiosity, and enthusiasm make them the travelers of the zodiac. They treasure freedom: freedom to roam, freedom of thought, and freedom to express themselves.

Those born between December 22–31 are Capricorn's Goats. Goats are responsible masters of self-control. They are practical planners and leaders who value experience and expertise.



5th - Tiffany R. 16th - Dorothy (HH)
 8th - Dennis 26th - Diane
 10th - Tracy S. 27th - Verna
 12th - Dawn M. 27th - Ardyce (HH)
 14th - Belit B.

Listen to This:

A few of our HLC family had the opportunity to visit with Mark Askelson from KRJB Radio in Ada this week. He wanted to hear about some of our favorite Christmas memories and got some great advice for how to celebrate when things weren't going quite as we may have hoped. Due to limited time, only five of our residents were participated this time but we were well represented. KRJB plans to compile the stories from our residents with others from neighboring communities into a 30-minute radio show. Stay tuned to our Facebook page for more information about when the stories will be aired and for links to listen to them on your own device. Thanks, Mark, for helping us get into the spirit of the season!



Gift ideas continued:

Stationery

Attractive stationery, assorted pens and a sheet of stamps are thoughtful gifts.

Scarves and accessories

Colorful scarves and decorative pins are simple accessories that add flair to a resident's outfits. Accessories can be practical too.

Costume jewelry

Residents often love receiving beads, necklaces and other trinkets. To be safe, avoid fine jewelry or other expensive items that could go missing.

Print subscriptions

A subscription to a favorite print publication helps a resident feel entertained and informed. A magazine such as Sports Illustrated or Good Housekeeping is something to look forward to in the mail. Subscriptions to national or local newspapers provide food for thought and maintain a connection to daily events. Large-type versions are available for some magazines like Reader's Digest.

Craft supplies

Adult coloring books, paint brushes and paint, sewing kits, yarn for knitters and other supplies keep craft-loving residents happily occupied. Crafts can provide fodder for activities during visits or spark memories of lifelong pursuits.

Games and puzzles

Break out a deck of cards or a Scrabble set and watch nursing home residents and visitors alike become quickly absorbed in the game. A box of trivia questions, mahjong tiles or Jenga pieces can stir anyone's competitive juices, whereas jigsaw puzzles inspire group cooperation. For residents who prefer solo activities, electronic or pen-and-paper sudoku or crosswords are also satisfying. Fair warning: If you take on elderly residents in word games, chances are high that their vocabulary is more extensive than yours.

Source: <https://health.usnews.com/best-nursing-homes/slideshows/gift-ideas-for-nursing-home-residents?slide=21>



home sweet home

Is someone in your life needing more assistance to be successful in activities of daily living?

Come and see what Halstad Living Center has available. Our 44-bed facility offers all private rooms; skilled nursing and support; licensed physical, occupational and speech therapy; meals; laundry; housekeeping; and daily events and activities. We accommodate all kinds of payment options.

Check out our website:

www.halstadlivingcenter.com or contact

Lorie Paulsrud for more information –
 218.456.2105 or socialservices@rrv.net



A huge thank you to the Halstad Lions Club for their generous

donation making it possible for us to offer Christmas cards to our residents again this year. With the help of the amazing CNAs and Rehab staff, we were able to get the residents looking fancy and took their picture which were then made into cards. They are able to carry on the tradition of sending out Christmas picture cards at very little cost to them.