

### Making the Difference!



**Carla Torgerson, CNA, TMA, HSS**

Carla has been at HLC for 6 years. She is the Rehab Coordinator which means she carries out specific exercise programs that are created for the residents by physical and occupational therapists. She is also a Health Support Specialist and was recently trained as a TMA so she can pass medications. When Carla is not doing one of those jobs, she is busy helping her coworkers complete various tasks.

Carla states, "I love my job and look forward spending time with the people I care for. I am fortunate to spend a great deal of one on one time with many of them each day. I enjoy the stories they share with me. They keep me on my toes and every day is an adventure."

Carla and her husband have been married for 36 years. They have an almost 33-year-old daughter who lives in Oregon. They love spending time when she travels back to Minnesota a few times a year.

In her free time Carla enjoys being outside in the yard, going for walks and bike rides, snowshoeing and sunshine.

Thanks, Carla, for making the difference!

### April Birthdays

In astrology, those born between April 1–19 are the Rams of Aries. As the first sign of the zodiac, Aries like to be number one. Bold, courageous, passionate, and somewhat impulsive, Rams dive headfirst into the most challenging situations. Those born between April 20–30 are the Bulls of Taurus. Bulls not only work hard with a determined and tireless manner but they also enjoy the payoff, rewarding themselves for a job well done. These stable and reliable types won't finish the job until they are completely satisfied.



- |                              |                                |
|------------------------------|--------------------------------|
| 3 <sup>rd</sup> – Del (HH)   | 15 <sup>th</sup> – Cheryl L.   |
| 5 <sup>th</sup> – Jane (HH)  | 17 <sup>th</sup> – Shelby H.   |
| 7 <sup>th</sup> – Ann B.     | 24 <sup>th</sup> – Becky P.    |
| 9 <sup>th</sup> – Vernon     | 25 <sup>th</sup> – Lee Anna C. |
| 9 <sup>th</sup> – Cheryl S.  | 30 <sup>th</sup> – Angie K.    |
| 10 <sup>th</sup> – Danie B.  | 30 <sup>th</sup> – Heather U.  |
| 12 <sup>th</sup> – Linda     |                                |
| 12 <sup>th</sup> – Liz L.    |                                |
| 12 <sup>th</sup> – Hannah R. |                                |



### ALTHOUGH WE CAN'T BE TOGETHER, WE CAN STILL KEEP IN TOUCH.

If you would like to Facetime, Zoom, Facebook Time, Skype, email, or call your family member or friend please contact Jess Karstens at HLC and set up a time to get in touch. We would love to bring a smile to your face and the face of your loved one whenever we can.

hlact@rrv.net



218.456.2105



### HLC Highlights:

**Staying Virus Free**

**Playing Hallway Bingo**

**Video Chatting with Family**

**The Arts & Crafts Cart**

**Playing "Who's That  
CNA?" With the Masked  
Staff**

**Having TV Dinners Every  
Night**



### How 'Anticipatory Grief' May Show Up During the COVID-19 Outbreak

Taken from an article written by Sam Dylan Finch on March 31 2020

Grief is a powerful thing. It is generally associated with losing something you have loved - a person, pet or job, for example. The things we have been going through with the COVID - 19 virus has caused many of us to experience a different kind of grief that we can't necessarily pin on one specific event. The professionals call it anticipatory grief and it is all about our loss of normalcy, sense of connection, routine and uncertainty about the future. It seems we are going through a mourning process for what we expect to lose based on what is happening in the rest of the world. We may not be sure of who or what we may lose or when we may lose it but we are still filled with a sense of dread that it will happen sooner than later. Some signs of anticipatory grief include:

1. You're on edge and it's not always clear why
  - You have a feeling of dread that something bad is about to happen.
  - You feel like you are constantly scanning for possible "threats", reacting strongly to others who aren't following proper precautions
  - It is difficult to stay emotionally regulated
2. You feel angry at the things you can't control
  - You are easily and persistently frustrated
  - Small obstacles suddenly feel intolerable, unconscious reminders that things aren't the same
  - You find yourself getting riled up more often
3. You're resigned to the worst-case scenario
  - You try to cope by mentally "preparing" for the worst thing you could imagine so it won't be so horrible when it does happen
  - You feel hopeless and helpless as things unfold which doesn't actually keep you safe - it just keeps you emotionally activated
  - Chronic stress can deplete your immune system
  - Being prepared is important but fixation on the worst possible outcome cause more harm than good
4. You find yourself withdrawing or avoidant of others
  - You feel that you need to separate from others protect yourself from their stress and anxiety
  - Isolation can cause more feelings of depression and anxiety in you
  - You may be unsure of how to maintain firm boundaries with others when they are talking about their worries
5. You're completely exhausted
  - A lot of what we are feeling is just our body's trauma response: in constant "fight, flight or freeze" mode
  - When we feel threatened our bodies are flooded with stress hormones which tires us out when we go through it daily
  - You feel inadequate when you hear of other people's isolation accomplishments when you can barely get out of bed

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# National Volunteer Week April 15-19, 2020

To all of our amazing volunteers:



Due to the Covid-19 restrictions we will not be able to have our Halstad Living Center Auxiliary Annual Meeting and Volunteer Appreciation Luncheon this month. Even though we can't come together to say thank you, we still hold all kinds of love in our hearts for the people who give of their time to make our lives a little more beautiful. Thank you for being part of our HLC ohana and we will get word to you when we are able to welcome people back in the building.

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What can you do to cope with what you are feeling?

- Try not to be critical of yourself. Your feelings are real and valid.
- Keep yourself fed, hydrated and rested.
- Connect with others, even when you don't want to. A quick text or phone call can work wonders.
- Prioritize rest and relaxation as it is critical to deescalate our bodies and brains.
- Express yourself through creative outlets like journaling, dancing, painting - anything that helps you process what you are feeling right now.
- Talk to a professional. Many therapists are available online and are covered by insurance. They can be a vital resource to help you move through your grief and anxiety.

What every you do, try to remember you are not alone in what you are feeling right now. You are worthy of support and the struggles you are having are completely understandable. Be gentle with yourself and don't hesitate to reach out to others to help you hold the pieces together. We may need to be isolated but we don't need to be alone.

Source: <https://www.healthline.com/health/mental-health/how-anticipatory-grief-may-show-up-during-the-covid-19-outbreak>

In the midst of our initial COVID-19 preparations, we unexpectedly had to say goodbye to one of the most amazing human beings ever. Peggy joined our team a couple of years ago but it seemed as if she had been a part of our lives forever. She was that kind of lady - loving, accepting, giving and forgiving. We miss her everyday and hope she is smiling down on us as we keep on keeping on with her words of encouragement written on our hearts.

*Because of you, we laughed a little harder,  
cried a little less and smiled a lot more.  
Thank you for blessing us with your wisdom  
and helping us to see the good in every  
situation.*

*Watch over us from your seat in Heaven and  
never forget how much we love you.*



*Peggy Jo Annette Erickson  
November 14, 1960 - March 18, 2020*

## Looking Ahead:

We are still virus free in our facility at this time but we are not ignorant to the fact that it is still likely to find its way in, despite our best efforts. If, in the next few months, we experience a large number of staff who are ill and must be quarantined for at least 14 days, we may be looking to the community to come in and help us continue to provide the best care for our residents.

If you have any experience working in the nursing industry, food service, or housekeeping and would be willing to help us if our situation gets extreme please call Angie Nelson, Administrator, or Leah Lee, Direct of Nursing to discuss our needs and options. 218.456.210

Thank you for your time and consideration. We are so blessed to live in such an amazing community.



*Despite ever-changing requirements, having to stay apart and now in our rooms, we have been busy living over here. We don't know how long it will last but we will make the best of it.*

