

September 2019



Halstad Living Center
& Heritage House

Members of Lutheran Homes

133 4th Ave E, Halstad, MN 56548 phone: 218.456.2105 fax: 218.456.2290



HLC Highlights

September 4th, 11th, 18th, & 25th – 4:30
Mass

September 4th – 2:00 pm
LARL Legacy Event:
Music by PolkaSol

September 9th – 10:30 am
Lunch Trip to Burger King

September 11th – 10:15 am
Communion Service with
Pastor Jack

September 11th – 2:00 pm
Special Music with
Cecil, Marilyn & Helen

September 16th – 11:00 am
Ladies' Luncheon

September 19th – 2:00 pm
Special Music with Ron Bervig

September 24th – 1:15 pm
Shooting Star Casino Trip

September 25th – 10:15 am
Worship Service with Pastor Caleb

September 26th – 2:00 pm
Special Music with Cowboy Joe

September 27th – 7:30 am
Men's Breakfast

September 27th – 2:15 pm
Oktoberfest Celebration

September 30th – 10:30 am
Lunch Trip to Burger King

September Means Back to School!



We were so lucky to have these kiddos stop by and tell us all about what was needed to start the school year off right during our **Back to School Style Show**. The kids were surprised at what school was like for the residents and the residents were surprised at what school is like now. A huge thanks to Connor, Eva, Isabella, Brantlee and Daniel for their visit!

Check out our Facebook page:

<https://www.facebook.com/HalstadLivingCenter> for pictures of our residents sharing more advice with this years back to schoolers.

September is Pain Awareness Month

Managing Pain: Beyond Drugs

When someone is diagnosed with a serious, life-threatening illness, one of the first things they are likely to worry about is pain. In fact, it's just about the most common question patients and their caregivers ask. There are effective treatments for pain, and you can put those treatment plans in place ahead of time. It's also important to know that medications are not the only option available to treat pain in the context of palliative care. For example, radiation therapy can sometimes be helpful in treating pain from tumor growth and in easing bone pain related to cancer.

Non-Drug Options for Easing Pain

There are a number of non-drug tools for coping with pain. They can be used on their own or in combination with drug therapies.

Some of the options patients have found helpful include:

- **Massage.** A lot of people find relief from gentle massage, and some hospice agencies have volunteers who are trained in massage therapy. Several studies have found that massage is effective in relieving pain and other symptoms for people with serious illness.
- **Relaxation techniques.** Guided imagery, hypnosis, biofeedback, breathing techniques, and gentle movement such as tai chi. Relaxation techniques are often very effective, particularly when a patient -- or a caregiver -- is feeling anxious.
- **Acupuncture.** Several studies have found that acupuncture can be helpful in relieving pain for people with serious illnesses such as cancer.
- **Physical therapy.** If a person has been active before and is now confined to bed, even just moving the hands and feet a little bit can help.
- **Pet therapy.** If you have bouts of pain that last 5, 10, or 15 minutes, trying to find something pleasant -- like petting an animal's soft fur -- to distract and relax yourself can be helpful.
- **Gel packs.** These are simple packs that can be warmed or chilled and used to ease localized pain.

Ask the palliative care team or hospice in your area if they can provide you a referral for any of these forms of pain management.

Maintaining a comfortable, relaxing atmosphere around the patient goes a long way toward easing pain.

Sources

HALSTAD LIVING CENTER AUXILIARY INVITES YOU TO JOIN US FOR OUR POTATO DUMPLING DINNER



WEDNESDAY, SEPTEMBER 25TH, 2019
5-7 PM

HALSTAD LIVING CENTER
133 MAIN AVENUE EAST

MAIN SOLARIUM
\$10 - ADULTS
\$5 - 12 & UNDER

There's no place like
Home

Is someone in your life needing a little more assistance to be successful in activities of daily living? Come and see what Halstad Living Center has to offer. 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

Making the Difference!



Jess Karstens, ADC, MT-BC

Jess grew up in Hendrum, moved away for a while, and now lives there again with her husband Brad, son Will (14), daughter Emerson (11), two dogs, two cats, two leopard geckos and multiple fish. She has worked at HLC for five years in the Activity Department planning activities and events, spending time with her Living Center Ohana (family), and helping out as a CNA now and then. Jess especially loves sharing her gift of music with the folks here whether it be for church services, sing alongs or at their bedside.

Starting a New Adventure



We have received a grant from the State of Minnesota to start our very own Cycling Without Age program. We need to raise about \$8,000 to have enough with the grant funds to purchase a Trishaw (pictured above) and get our folks out on the town. With that being said we would like to invite you to

Make a \$20 donation - get a chance to win!

LG 900 – Louisiana Grill 900 Digital Pellet Smoker Grill

Drawing to be held October 1st

Need not be present to win

Tickets currently available at Halstad Living Center office and some area businesses.

Call Jess Karstens for more information on how to purchase a ticket or to make a donation – 218.456.2105

Red River Zoo Trip August 23, 2019



It was a chilly day but we had fun. Special thanks to Brad, Em, and Lynne for adventuring with us!



The History of Halstad Living Center Part 2

- **January 1979** – Adeline Bergeson resigned and Dwight Fuglie took over as administrator.
- **1981** – Allan Fuglie passed away and Dwight left Halstad to take over his father’s position in Twin Valley. Michael Ackley replaced him as administrator.
- **1997** – Nurses’ station remodeled, conference center and employee lounge added and West View was built providing special services for people diagnosed with dementia.
- **November 1999** – Heritage House Apartments addition built providing 16 apartments with services for elders in our community.
- **2002** – Celebrated 25th Anniversary and rededicated facility as the Halstad Living Center. Halstad Merit Care Clinic opened.
- **2014** – Angie Nelson took over as administrator.
- **2017** – Celebrated 40th Anniversary with community meal and BINGO under tents in the parking lot.
- **2018** – Beauty Shop renovated with the help of large donation from Halstad Living Center resident, Millie Busse.
- **2019** – Currently licensed for 44 beds and have served 1,218 people over the past 42 years.



*And family means no one is
left behind or forgotten*

September Birthdays

Those born between September 1–22 are Virgo’s Virgins. Virgos love paying attention to details—not to be picky, but to help others. Their industriousness makes them smart problem-solvers and fact-finders. Those born between September 23–30 balance the scales of Libra. Libras epitomize fairness and balance, often striving to minimize conflict and seek compromise. They achieve this with their charming, sincere, and lovable personalities.



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|------------------------------------|-----------------------------------|
| 1st – Howard G. | 15th – Terry P. |
| 5th – Jason B. | 21st – Paige A. |
| 6th – Krenda E. | 22nd – Jerry B. |
| 9th – Berent W. | 26th – Reed L. |
| 13th – Gracie G. | |



Heritage House

Member of Lutheran Homes

**Apartments Available Soon:
1 bedroom and 2 bedroom**

Apartment Features:

- Retirement community
- Each unit has kitchen, living room, bedroom and ample storage
- One level with garages available
- Continental breakfast served daily
- Community kitchen and living room area
- Commons with fireplace and TV
- Exercise room
- Worship services in-house
- Connected to Halstad Living Center & Sanford Health
- Emergency call system and “I’m OK” program

Visit our website www.halstadlivingcenter.com or call Lorie Paulsrud at 218.456.2105 for more information