

**Making the Difference!**



**Tiffany Romero, LPN, Infection Preventionist**

Tiffany started working as a CNA at age 16 in 2008. She graduated as an LPN in 2013 and worked at Cornerstone Assisted Living in Bagley, MN as an LPN supervisor. She moved to Fargo in 2015 where she worked as a Treatment/Charge Nurse. Tiffany moved to Halstad in 2016 and started working at HLC in June of 2018 as a Day Charge Nurse and then was given the position of Infection Preventionist in October of that year. She is responsible for tracking and trending infections and antibiotic use, scheduling for the Nursing Department, arranging educational opportunities for the staff and the ordering of medical supplies. Tiffany states she likes the close-knit feeling HLC provides where staff and residents become family. "I love what I do!"

Tiff, her husband Joey, sons Bentley (9) and Brantlee (6), dogs Hershey, Jethro and Gertrude, and Guinea Pig Chipper enjoy spending time at the lake, camping, fishing and hanging out with family.

Words of Wisdom: "Being a caregiver is a lifestyle - not a job. You can not be trained to care."

Thanks, Tiffany, for making the difference!

**September Birthdays**

In astrology, those born between September 1–22 are Virgo's discriminating Virgins. Virgos pay attention to detail and are highly organized, making them curious and intelligent learners who can get the job done without complaint. Those born between September 23–30 balance the scales of Libra. Libras have strong intellects and keen minds and so need constant stimulation. Libras are also masters of compromise and diplomacy, acting as wise mediators between friends and colleagues.

- 5<sup>th</sup> - Jason B.
- 6<sup>th</sup> - Bruce
- 9<sup>th</sup> - Berent W.
- 12<sup>th</sup> - Eve B.
- 13<sup>th</sup> - Gracie G.
- 15<sup>th</sup> - Terry
- 19<sup>th</sup> - Esther N.
- 21<sup>st</sup> - Paige A.
- 26<sup>th</sup> - Reed L.



**Reminders about Visits:**

If you would like to come and do a window or patio visit, you must call and make an appointment prior to arriving.

You must stop at the front door to get screened before you have any type of visit.

Use hand sanitizer, keep your mask on and maintain at least 6 feet of distance between you and whom you are visiting.

We do have assistive devices available for those who are hard of hearing. Please talk to Jess in activities for more information.



**Things we are looking forward to in September:**

**Apple pie**

**The smell of harvest**

**Apple crisp**

**Honking geese**

**Apple sauce**

**Frosty windows**

**Apple jelly**

**School busses**

**Cooler nights**

**Autumn leaves**

**Tis' a Gift to Be Simple**



I was visiting with one of our ohana on the patio recently, watching the painted lady butterflies sip the last of the nectar from the zinnia bed there. My friend was talking about his brother's butterfly collection that won reserve champion in the fair. "He had all of those butterflies in there: the painted lady, the emperor and the monarch - the biggest of all of that strain," he told me. He went on to tell me about another friend who had been sitting on the patio last week watching the butterflies just as we were now. "He just stared at the thing and then he reached out and tried to touch it. He sat there for the longest time. Isn't it crazy how something so simple can bring so much happiness?" We chatted a while longer until the call of my computer drew me back inside and I left him in the sunshine to perfect his "Hollywood tan".

As I went on about my day, his statement kept coming back into my head. Simply sitting on the patio watching a butterfly on a flower in the warm sunshine = happiness. This isn't a new concept but almost seems like it has been pushed aside since we have been struggling with the challenges of the COVID-19 situation. We have been concentrating on all of the things we have had to change that seem to make things harder or less appealing. When will it be time to stop and concentrate on the "simple things that can bring so much happiness"?

I have decided to challenge myself and others for the month of September. I want us to literally take time to smell the roses. So many things are out of our control on any given day. One thing we do have control over is how much time we give ourselves to look for the butterflies on the zinnias. My ohana at the Living Center have had to give up many things to live here because they need extra help to be successful in activities of daily living. Some of them haven't left the grounds since February. Most of them are able to find the happiness in the simplest things and I think it would be good for us to try to do that, too.

## Minnesota Apple Varieties

It is almost time to harvest the best fruit of the season. A few types of amazingly popular apples have been developed in Minnesota's own backyard.

**Honeycrisp** - Explosively crisp and juicy with a well-balanced, sub-acid, and mildly aromatic flavor. A Minnesota Classic.

**Zestar®** - Sweet tart taste with a hint of brown sugar. A light juicy apple with crisp texture and a zesty flavor

**Frostbite™** - A cold hearty apple that is small in size. Sweet flavor makes for great eating with an exciting tang.

**Honeygold** - Sweet, crisp, and juicy flavor. Great for fresh eating or cooking. Ready in late September.

**Snowsweet®** - A sweet and buttery apple with slight tart flavor. Known for its beautiful red coloring and a bright white flesh.

**Haralson** - Firm texture with a tart flavor. A great baking apple that stores well. Introduced in 1922.

## Picking and Storage Tips

When freezing, pick apples that have crisp and firm textures, and use varieties that are good for making pies and sauces. Frozen apples keep better texture and flavor if they are packed in sugar or sugar syrup. However, you can freeze unsweetened apple slices if you are going to cook or bake them in pies or cobblers. Freeze slices on a cookie sheet and when they are completely frozen, remove the slices and pack them in freezer containers.

Picking your own apples this year? Remember that color doesn't determine how ripe an apple is. Pick firm, crisp apples by lifting up and twisting the fruit. Keeping the stem attached to any picked fruit will help keep it fresh and increase its storage life.

Apple season in Minnesota runs from August



### Does your family member need extra care? Let us help!

Halstad Living Center is a great place to live! 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](http://www.halstadlivingcenter.com) or  
 contact **Lorie Paulsrud** for more information –  
 218.456.2105 or [socialservices@rrv.net](mailto:socialservices@rrv.net)

### A Little Apple Humor:

Q: Why did the apple cry?

A: Because its peelings were hurt!



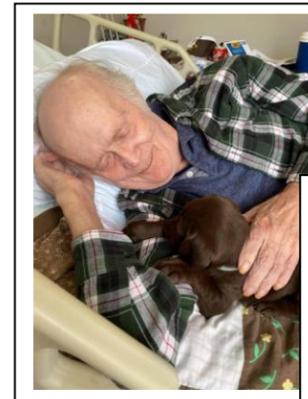
to early-November. This time of year is when fruit is at its peak. If you're hoping to stretch the fall harvest, store your apples in a cool dark place. This will keep them crisp and juicy well into the winter season.

There are 117 Minnesota Grown Orchards that produce 20 million pounds of apples grown yearly

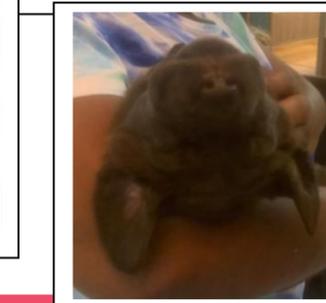
Source: <https://minnesotagrown.com/apples/#>



happiness is a warm puppy!



A huge thank you to Hannah Roudybush and Caden Solheim for sharing their puppies with us. So much happiness was had!



## September is National Sewing Month

September was declared National Sewing Month in 1982 by Ronald Reagan. He believed home sewing was important to the nation and demonstrated Americans' self-reliance, skill, and industries.

### Did you know:

The **world's first sewing machine** was patented in 1790 by Thomas Saint



The term "**the whole nine yards**" comes from the early 1700s when nine yards was the approximate amount of fabric needed to make a 3-piece suit.

**Corduroy** is from the French term "cord du roi" or "cords of the king" after King Louis, who ordered everyone in his court to wear the luxurious-looking fabric.

The indentations on the sides of a thimble are called **knurlings** and a person who collects thimbles is a **digitabulist**.