



### HLC Highlights

**October 2, 9, 16, 23, & 30<sup>th</sup> – 4:30**

*Catholic Mass*

**October 7<sup>th</sup> – 2:15 pm**

*Read & Reminisce with Rita*

**October 8<sup>th</sup> – 12:30 pm**

*Walmart Trip*

**October 9<sup>th</sup> – 10:15 am**

*Communion Service with*

*Pastor Jorgenson*

**October 10<sup>th</sup> – 2:00 pm**

*Special Music with Paul Swanstrom*

**October 14<sup>th</sup> – 11:00 am**

*Ladies' Luncheon*

**October 15<sup>th</sup> – 10:00 am**

*Dinner Trip to Fryn' Pan in Moorhead*

**October 17<sup>th</sup> – 2:00 pm**

*Special Music with Ron Bervig*

**October 21<sup>st</sup> – 1:30 pm**

*Hillsboro Crop Tour*

**October 21<sup>st</sup> – 6:00 pm**

*Karaoke with Jon & Joann*

**October 22<sup>nd</sup> – 1:00 pm**

*Shoot Star Casino Trip*

**October 23<sup>rd</sup> – 10:00 am**

*Special Music with Doug Spartz*

**October 25<sup>th</sup> – 7:30 am**

*Men's Breakfast*

**October 30<sup>th</sup> – 10:15 am**

*Worship Service with Pastor Caleb*

**October 31<sup>st</sup> – 2:00 pm**

*Halloween Hootenanny*

## Halstad Living Center Auxiliary

### Potato Dumpling Dinner

September 25, 2019

Whether you refer to them as Norwegian klubb, German Kartoffelklöße, Swedish kroppkakor or Czech plněné bramborové knedlíky, those warm lumps of ground potato, flour, ham, baking powder and salt cooked in ham broth fill that hole in your belly perfectly. Some people don't find them appealing, but it seems those who grew up eating them relish the opportunity to taste a little piece of their history every now and again.

This dinner is one that the Halstad Living Center Auxiliary hosts every year to raise funds to purchase extras for the residents who live with us. Last year, they were able to donate about \$6,000 back to the nursing home to be used for the Memorial Garden, a Clavinova keyboard for the Main Solarium and arm chairs for resident rooms.

If you had the chance to join us, thank you for your support and we hope you had a wonderful dinner that brought back great family memories. If you weren't able to join us this year, mark your calendar for the 4<sup>th</sup> Wednesday in September 2020. We will be here up to our elbows in potato dumplings and hope you will be, too!

**\*\*\*A special thank you to Dean Nelson and his crew for making all 1083 dumplings for us again this year. We couldn't do it without you!**

## Depression in Older Adults

October 6-12<sup>th</sup> is Mental Illness Awareness Week. Mental health with older adults is a major focus of many people in the caregiving industry. Depression is a common diagnosis under the mental health umbrella that many of the people we serve are dealing with. Contrary to popular belief, depression is not a normal part of growing older but a true medical condition that is treatable, like diabetes or hypertension.

Depression is exhibited in different ways but generally involves:

- Feelings of sadness or anxiety that last for weeks at a time
- Feelings of hopelessness and/or pessimism
- Feelings of guilt, worthlessness and/or helplessness
- Irritability, restlessness
- Loss of interest in activities or hobbies once pleasurable
- Fatigue and decreased energy
- Difficulty concentrating, remembering details and making decisions
- Insomnia, early-morning wakefulness, or excessive sleeping
- Overeating or appetite loss
- Thoughts of suicide, suicide attempts
- Persistent aches or pains, headaches, cramps or digestive problems that do not get better even with treatment

Studies have found that older adults are at increased risk for depression due to the fact that about 80% of older adults have at least one chronic health condition, and 50% have two or more. Depression is also more common in people who have other illnesses such as heart disease or cancer or whose function becomes limited.



### **Is someone in your life needing 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](http://www.halstadlivingcenter.com)** or contact **Lorie Paulsrud** for more information – 218.456.2105 or [socialservices@rrv.net](mailto:socialservices@rrv.net)

### **(Depression in Older Adults cont.)**

It is also likely that older adults are often misdiagnosed or undertreated. Healthcare providers may mistake an older adult's symptoms of depression as just natural reaction to illness or the life changes that may occur as we age and therefore not see the depression as something to be treated. Older adults themselves often share this belief and do not seek help because they don't understand that they could feel better with appropriate treatment.

Most older adults see an improvement in their symptoms when treated with antidepressant drugs, psychotherapy, or a combination of both. If you are concerned about a loved one being depressed, offer to go with them to see a healthcare provider to be diagnosed and treated.

Source: [cdc.gov/aging/mentalhealth/depression.htm](http://cdc.gov/aging/mentalhealth/depression.htm)

## Making the Difference!



Jane Purrington, LPN, HIM

Jane recently celebrated her 40<sup>th</sup> year here at Halstad Living Center. She started her career on working on the floor as an LPN and currently holds the title of Health Information Manager. Jane is the go-to lady anything our residents or families need regarding medication, appointments or paper work. She is always willing to lend a hand wherever needed. When she is not at HLC, Jane loves spending time with her kids, grandkids, parents and siblings – especially biking, hiking, travelling and spending time at the lake. Thank you, Jane, for making the difference!

**OHANA**  
means family and  
**FAMILY**  
means no one gets  
left behind or forgotten



Dining out at Burger King on a rainy day



Congratulations to

### Mary Stevenson of Ada

The winner of the LG 900 Digitally Controlled Wood Pellet Smoker Grill

And a huge thank you to everyone who donated to our Cycling Without Age fundraiser. We are \$1500 closer to getting our Trishaw Bike.

If you are interested in donating our Cycling Without Age fund raising effort please contact Jess Karstens at 218.456.2105. Any gift is greatly appreciated.

Thanks to RJM Recreation for the grill.



**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](http://www.halstadlivingcenter.com) or call **Lorie Paulsrud** at 218.456.2105 for more information

**October Birthdays**

In astrology, those born between October 1–22 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. Those born between October 23–31 are Scorpions of Scorpio. Scorpions are passionate and assertive yet are known to keep cool and calm. This composure makes them good, steadfast leaders and loyal and honest friends.



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|------------------------------------|-----------------------------------|
| <b>1<sup>st</sup> – Lindsey R.</b> | <b>16<sup>th</sup> – Angie N.</b> |
| <b>1<sup>st</sup> – Jess K.</b>    | <b>22<sup>nd</sup> – Cole F.</b>  |
| <b>10<sup>th</sup> – Vikki O</b>   |                                   |

\* We currently do not have any residents with October birthdays



**A  
Glimpse  
Back in  
Time**



A few residents had the pleasure of visiting Ada's Prairie Village on September 17<sup>th</sup>. We got to hear stories about some of the exhibits and did a lot of reminiscing about the items on display. A special thank you to Solveig Kitchell and her amazing volunteers for a wonderful time!

