

Some Memorial Day History From Clarence Stennes

Gladys Holm's husband, Irwin, was a WW II veteran, serving from December, 1941, through the War's conclusion. Irwin Holm was awarded the Silver Star for his exceptional service during the War - he was no ordinary infantryman.

Gladys' brother, Alfred Skare, was also drafted during WW II and was immediately sent to a 9-month German immersion class at the University of Michigan (like most Halstad farm boys back in the 1920's, Norwegian was Alfred's first language).

Alfred was then assigned to the German POW camps and was part of the German Intelligence Unit.

Because of Alfred Skare's intelligence background we learned very little about his duties during the war other than they were classified.

Most WW II vets had interesting and unusual experiences during the War. Irwin Holm's and Alfred Skare's WW II experiences were, in my view, exceptional.

Thank you, Clarence, for sharing a piece of our country's history. These stories should never be forgotten as the sacrifices of these incredible men and women made it possible for us to live as we do today. If you have a story or a piece of history related to someone connected to our community that you would like to share please send it to

Things we are looking forward to in May:

- ♥ Golf cart rides
- ♥ Flowers in the raised beds
- ♥ Listening to birds singing outside our open windows
- ♥ Thunder storms
- ♥ Special dinners for Cinco de Mayo, Mother's Day, and Syttende Mai
- ♥ Sunshine in our windows



Apartments Available: 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



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



HLC Highlights:

Bean Bag Bonanza Championships

Catching Up on Little House on the Prairie Episodes

Doorway Trivia

Visits to the Patio and Memory Garden

Sunshine Through the Windows

Turning Off the Floor Heat

Green Grass and Singing Birds

Video Chatting with Family and Friends

A Message from Our Executive Director

Greetings Residents, Tenants and Responsible Parties!

The health and safety of our residents/tenants and staff is our top priority. We are committed to maintaining a safe and high-quality care environment for residents and staff during this global pandemic and are taking the next step in infection prevention and control. I wanted to update you on the current happenings at our facilities. I am thankful to report that at this time, we have **no** confirmed or suspected cases of COVID-19 in any of our facilities. Norman County reported its first cases over the last couple of weeks and we know that the possibility of the virus affecting our facilities is real and can happen at any time. In the event that we have a suspected or confirmed case, residents, tenants and responsible parties will be notified. We must report positives cases to the CDC and MN Department of Health within 12 hours.

We have created a designated COVID-19 unit within our facility for positive COVID-19 residents. This area is in the previously referred to space called "Westview", our old memory care activity and dining area. The space is approximately 2,000 square feet and has a separate air exchange system that does not mix with the air in the main unit of the living center. This puts us at a great advantage as COVID-19 is spread through the air (droplets), which is what makes the virus so easy to contract. The COVID unit has space for up to 12 residents at a time and there is a contingency plan in place to expand if needed. We have dedicated staff that have selflessly volunteered to staff the unit. These staff members have received N95 respirators and all necessary PPE (personal protective equipment) to work in the unit. These staff members will be working exclusively in the COVID unit. The unit is fully stocked with beds, isolation stations, privacy partitions, medications and nursing supplies, oxygen supplies, linens, food, computers, call system, mechanical lift, and the list goes on and on.

This plan, referred to as cohorting, is in alignment with U.S. Centers for Disease Control and Prevention guidance that recommends healthcare systems implement a cohorting strategy for COVID-19 care to limit exposure of staff and patients/residents to the virus and to preserve supplies, such as personal protective equipment.

Please stay safe and healthy! Feel free to contact me at any time with questions or concerns. 218-456-2105 or angienelson@rrv.net.

Kind regards,

Angie Nelson



Face Covering Do's and Don'ts:

DO:

- ✓ Make sure you can breathe through it
- ✓ Wear it whenever going out in public
- ✓ Make sure it covers your nose and mouth
- ✓ Wash after using

DON'T:

- ✗ Use if under two years old
- ✗ Use surgical masks or other PPE intended for healthcare workers

 cdc.gov/coronavirus

What did you do during the COVID-19 isolation? Mr. Jeffery Finney



Jeff wanted to get some green stuff started for spring so he used what he had, some seeds and soil and voila!



He has started sunflowers, corn, tomatoes, and some flowers. He is also tracking the growth by measuring some things daily.



His room is on the north side of the building so he improvised a reflection sheet to bounce the sun light back on his plants.



Jeff says, "I just wish my mom was alive to see this. She would be impressed that I learned something from her making us work in the garden."

May Birthdays

In astrology, those born between May 1–20 are the Bulls of Taurus. Not only do Bulls work hard with a determined and tireless manner, but they 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. Those born from May 21–31 are the Twins of Gemini. Gemini's dual nature is expressed through its skillful communication and dynamic sociability. The Twins are energetic, quick-witted, optimistic, and emotionally intelligent.



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| 1 st - Ivan | 19 th - Mabel |
| 3 rd - Jerry C. | 20 th - Lee Z. |
| 6 th - Irene | 20 th - Cheryl H. |
| 8 th - Dorene | 21 st - Gladys |
| 11 th - Mike L. | 22 nd - Jarrod G. |
| 13 th - Punky (HH) | 25 th - Lynn |
| 17 th - Danny | 30 th - Nancy |
| 17 th - Kylie A. | |

Now Broadcasting:

As of Wednesday, April 29, 2020, Halstad Living Center has its own internal TV channel thanks to the incredible help of Brandon Mickelson at Halstad Telephone Company. Staff can broadcast via webcam or the internet into the resident rooms on their very own channel that is only available to the residents. Activity staff are thrilled as this creates another way to bring things to our residents that they enjoy while remaining in their rooms. It is unlikely that we will be bringing in any day time Emmys but it will still be fun!



A New Normal

Things are different around here nowadays. The laughter from the activity room and traffic jams in the dining room doorway are mere memories. Everyone's hair seems a little longer, a little grayer and we have realized peppermints are a good thing when wearing a mask all day. Even though things have changed we continue to carry on.

Remember those special occasions as kids when your mom let you eat at the metal TV tray in the living room so you could watch that special show one time in a blue moon? Well, now every day is TV dinner day! And we don't have to fight with our siblings about whose turn it is to pick the show for the evening. HGTV? We've got that. Bass Fisherman? We've got that. Forensic Files? We've got that, too. And if you aren't interested in watching something but would rather just listen to music there are 50+ music channels to choose from. We have noticed there is no polka channel though, so that is kind of a bummer.

And please don't worry - bingo has not been cancelled. It doesn't happen 4 times a week right now but we are getting in 2-3 times depending on what other events come up. Bedside tables in doorways, wireless microphone and speaker in the center area and some amazing assistants in the hallways make earning those leisure cart candy points a breeze. We have also started some trivia and bean bag toss competitions in each hallway. That always brings out the best in all of us! The top three high point scorers for the day get a little ribbon on their door. By the end of this some folks may have to start using their windows to hold all of the ribbons.

When we aren't eating or playing games we have been trying to reach out to our families via phone or video chat. It isn't the same as having each other right in the room but it sure helps. Jess has also been printing email messages and pictures that come in so we can read, re-read and smile whenever we need a little pick-me-up.

We have been trying to get out on the patio in the sunshine as much as we can. We have some amazing homemade masks (thank you, Rachel Arneson Borne and Brenda Jones, et al) and chairs separated by at least 6 feet. Fortunately, the sun shines on us no matter how far apart we have to sit. We hope it won't be long before we have some beautiful annuals in the front flower beds to enjoy as well. Some of us even have seeds started in our rooms to transplant in the back garden when the time comes.

So, don't worry about us too much. We have settled into a new normal. It isn't ideal but we are trying to make the best of it and look forward to huge hugs when things are safer for us to be with you.



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 help to bring a smile to your face and the face of your loved one whenever we can! hlcact@rrv.net 218.456.2105

REQUIEM

by Lenore Hetrick

Let our songs rise sweet and gently
For soldier gone who once were here.
Let the music whisper softly
For this flowering springtime of the year.
Those for whom we offer song
On this new Memorial Day
Once were young and laughing, too,
Yet now they have fallen away.

From the towns and from the farms
Light of heart the soldiers came.
Each one wore upon his brow
A tall yet invisible flame.
To the sound of forceful horns
The soldiers swiftly marched away
They marched to beating of the drums,
And knew they had but to obey.

So today let songs be soft and sweet,
For this flowering springtime of the year.
We sing for those who once were young,
And once were happy – and once were here.

