

June 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

New Newsletter

Welcome to the first addition of our fancy-schmancy newsletter coming to you straight from the comfort of Halstad Living Center. We stopped printing our quarterly newsletter about five years ago due to loss of our local printing company and cost, but in that time we have noticed we miss sharing our news with our friends and family. We have decided to take advantage of the power of technology and put together a monthly newsletter to pass on information, important dates, topics and suggestions. We hope you get some useful information and a smile or two as you read.

If you would like a copy of this publication sent directly to your inbox, please send an email to Jess at hlcact@rrv.net and she will add you to the email list. It can also be found on our Facebook page: www.facebook.com/HalstadLivingCenter and at our website: www.halstadlivingcenter.com

HLC Highlights:

June 5th – 5-7 pm

Frybread Taco Dinner

June 10th – 2:15 pm

Read & Reminisce with Rita

June 10th – 11:00 am

Ladies' Luncheon

June 12th – 10:15 am

Communion Service

June 13th – 2:00 pm

Special Music with Steve Worner

June 17th – 6:00 pm

Karaoke with Jon and Joann

June 20th – 2:00 pm

Special Music with Ron Bervig

June 21st – 12:00 pm

Father's Day Dinner

June 26th – 10:15 am

Worship Service with

Pastor Caleb

June 28th – 7:30 am

Men's Breakfast

"It was June, and the
world smelled of roses.
The sunshine was like
powdered gold over
the grassy hillside."
— Maud Hart Lovelace

BEAUTIFUL LIVES BY SUSAN

HLC Annual Auxiliary Membership Drive

For 35+ years the Halstad Living Center Auxiliary has provided support to the residents of Halstad Living Center. With money raised from two yearly fundraisers they have helped the Living Center to purchase items such as an ice cream machines, technology for charting and entertainment, dryers for the Beauty Shop, recliners, electric lifts, furnishings, keyboards and pianos, popcorn machine, and a kitchen for the Activity room. The list is long and each item is intended to enrich the lives of those residing at Halstad Living Center.

We could use your help. We have two fundraisers per year and it takes an amazing team giving just a few hours of time to pull these dinners off. Being a part of the team is easy: all you need to do is pay a \$2.00 annual membership fee and provide us with your contact information. Your information will be added to a list of people we contact when we need some help two nights a year. The \$2.00 helps defray the cost of advertising and food used for the fundraisers.

Please consider joining the Auxiliary and helping to make a difference in the lives of the people in our living community.

To be a member of the Halstad Living Center Auxiliary, please send \$2.00 to:

HLC Auxiliary
133 4th Ave E
Halstad, MN 56548 or stop in the office

Call 218.456.2105 with any questions



Are you or a loved one 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

Serving Our Soldiers

Halstad Living Center and Heritage House are proud to be the current home of 10 of our country's fine veterans. Recently, some of our vets and a few friends had the opportunity to visit the Fargo Air Museum during the Vietnam Memorial Week. We got to see the MN, ND, & SD Vietnam Memorial, some vehicles, uniforms and weapons used during Vietnam and other times of combat. It was an emotional time for some but appreciated by all.

During this month's *Craft with Shell*, our folks will be invited to make cards for some of the deployed troops, veterans, new recruits and first responders serving around the world. They will be sent off through a program called *Operation Gratitude*. These folks have organized the sending of over 2,000,000 packages our troops and veterans. Read more about this incredible program at www.operationgratitude.com.



Alzheimer's Caregivers: What to Remember

By Ava M. Stinnett

Whether it happens gradually or overnight, there's a distinct possibility that one day you will become a caregiver for a loved one. According to the National Alliance for Caregivers, there are over 65 million unpaid caregivers aged 65 or older in the United States. That's 29% of the U.S. adult population who provide an average of 20 hours of care per week; some provide care around the clock.

Often, there's very little preparation for the daily challenges that caregivers face. There are practical answers to questions such as how to manage doctor's appointments, handling insurance paperwork, and how to take time off work. There are numerous city and state education programs and services to address the needs of those who provide long-term care for loved ones at home. But what about the physical and emotional toll, which can be overwhelming? Researchers Carol J. Farran and Eleanora Keane-Hagerty offer the following tips to keep in mind as you face the challenges of caregiving.

1. Although I cannot control the disease process, I need to remember I can control many aspects of how it affects me and my relative.
2. I need to take care of myself so that I can continue doing the things that are most important.
3. I need to cultivate the gift of allowing others to help me, because caring for my relative is too big a job to be done by one person.
4. I need to take one day at a time rather than worry about what may or may not happen in the future.
5. I need to have a sense of humor, because laughter helps put things in a more positive perspective.
6. I need to remember that my relative is not being "difficult" on purpose; rather their behavior and emotions are distorted by the illness.
7. I need to increasingly depend upon other relationships for love and support.
8. I need to focus on, and enjoy, what my relative can still do rather than constantly lament over what is gone.

Halstad Living Center Auxiliary
invites you to the



6th Annual
Fry-Bread Taco
Taco in a Bag
Dinner



Wednesday, June 5th, 2019
5-7pm

Cost:
Adults: \$10.00
Children 5-12: \$5.00
4 and under: Free

Halstad Living Center
133 4th Ave E
Halstad, MN
218.456.2105

Dinner includes:
Fry Bread Taco
or Taco in a Bag
Pie - Ice Cream
Lemonade - Coffee

Take Outs available



(Caregivers cont.)

Last, and most important, caregivers must often remind themselves that they are doing the best they can at this very moment.

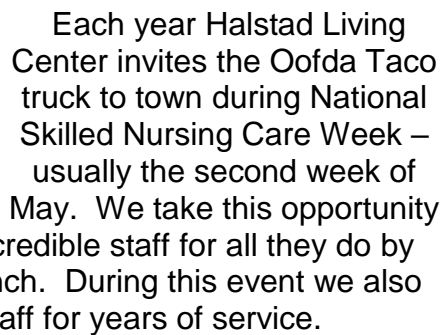
Sources

Farran, C.J. & Keane-Hagerty, E. (1989). Twelve Steps for Caregivers. *The American Journal of Alzheimer's Care and Related Disorders and Research*, Nov/Dec.

Scot, P.S. (2014). *Surviving Alzheimer's: Practical tips and soul-saving wisdom for caregivers*. San Francisco: Eva-Birch Media.

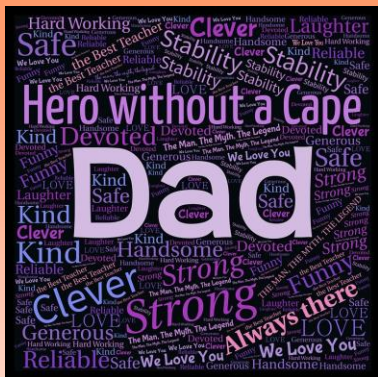
Ohana means family

*and family means nobody gets
left behind or forgotten*



Jess Karstens 5 years
Carla Torgerson 5 years
Angie Nelson 10 years
Honey Olson 10 years
Cindy Jensen 25 years

We consider ourselves incredibly lucky to have a dedicated staff who continuously give of their hearts, minds and bodies to provide care and comfort to the generation that once cared for us. We may not say it enough, but we appreciate every one of our staff who make Halstad Living Center a safe comfortable home for so many people.



If you have a gentleman residing with us here or in Heritage House, watch the mail for your Father's Day Dinner invitation and mark your calendar for Friday, June 21st, 2019 at noon.

In astrology, those born June 1–20 are Gemini's Twins. Twins seem to have two personalities and can blend into any situation. They have an energetic and fun-loving side that is the life of the party, but also a deep and emotional side that needs love and nurturing. Those born June 21–30 are the Crabs of Cancer. Guided by their hearts, Crabs are emotional and nurturing. They create deep bonds and comfortable homes and are always willing to welcome people into their circle.

4th – Janice (HH) 25th – Welden
7th – Avis 26th – Steven L
7th – Shelly 26th – Tracy O.
9th – Judy S (HH) 28th – Marge (HH)
18th – Leah

Please check out our website:
www.halstadlivingcenter.com and
Facebook page:
www.facebook.com/HalstadLivingCenter
for job opportunities.

**We are currently hiring for
part time/PRN LPN and CNA**

Contact Leah for more information
218.456.2105
hlcdon@rrv.net

Coming up in July....

- Trip to the Red River Zoo
- Squirt Gun Battle on the Patio
- Music with Doug Spartz
- S'mores
- and much much more!