

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



HLC Highlights

August 1st - 2:00 pm

Special Music with Paul Swanstrom

August 6th – 1:00 pm

Bergeson Nursuery Garden Tour

August 9th - 12:00 pm

Summer Family Social

August 13th - 10:15 am

Back to School Style Show

August 13th - 1:30 pm

Walmart Trip

August 14th - 10:15 am

Communion Service with Pastor Al

August 19th - 11:00 am

Ladies' Luncheon

August 19th - 12:30 pm

Trip to Shooting Star Casino

August 22nd - 2:00 pm

Special Music with Ron Bervig

August 23rd - 10:00 am

Red River Zoo

August 27th - 9:00 am

MN Steam Threshers' Reunion

August 28th - 10:15 am

Worship Service with Pastor Caleb

August 30th - 7:30 am

Men's Breakfast

Exciting News!

You may remember that last month our newsletter was filled with pictures of happy residents going on a bike ride. Shortly after that amazing day, I applied for a grant to help us start a *Cycling Without Age* program which would provide funding from the state to help us purchase a special bike called a Trishaw for use within our community. On July 23rd, I received an email that stated Minnesota Department of Human Services has "selected our proposal for contract negotiations." That means we will be receiving funds from the state to start our own Cycling Without Age program!

"Cycling Without Age is a movement started in 2012 by Ole Kassow. Ole wanted to help the elderly get back on their bicycles, but he had to find a solution to their limited mobility. The answer was a trishaw and he started offering free bike rides to the local nursing home residents...Cycling Without Age has now spread to all corners of Denmark and since 2015 to another 40 countries around the world."

"We dream of creating a world together, in which the access to active citizenship creates happiness among our fellow elderly citizens by providing them with an opportunity to remain an active part of society and the local community.

We do that by giving them the right to wind in their hair, the right to experience the city and nature close up from the bicycle and by giving them an opportunity to tell their story in the environment where they have lived their lives.

That way we build bridges between generations and we reinforce trust, respect and the social glue in our society."

Cyclingwithoutage.org/about



In the upcoming months we will be looking for donations of time and money to make this program a reality for the community of Halstad. After receiving the funding from the state we will still need to raise approximately \$6,000 to cover the remaining cost of the Trishaw bike. We will also be looking for volunteers

who would like ride with our residents next summer as the grant requires that we have a list of volunteers and a weekly schedule for rides throughout the week. Please contact Jess Karstens or Carla Torgerson for more information - 218.456.2105 or hlcact@rrv.net

Making the Difference!



Jessica Vanderplaats, Office Assistant

Jessica lived in Clara City until Her family moved back to Hendrum in 1995. She has been working at HLC for 3 years. She currently live in Hendrum with Wesley and their 3 kids, Malea (8), Beckett (2) and Paisleigh (9 months). Jessica likes to spend time with her family and friends going to the lake, playing volleyball, going for walks and bike rides with the kids and taking the kids to new places. She states, "I love working at HLC, getting to know the residents and being able to help in any way."

Please join us for the

Back to School Style Show

Tuesday, August 13th, 2019 10:15 am In the Main Solarium

Bring all of your gear to share with the residents as you get ready for another fantastic year of learning



If you plan on coming, please let Jess know: 218.456.2105 or hlcact@rrv.net

I'd like S'more, please...

On Friday, July 26 we went on an adventure in our own front yard complete with a bonfire and S'mores. It wasn't quite like camping under the trees by the lake with the loons calling but the smell of the fire and smoke in our faces brought back some memories. And even better: there weren't many mosquitoes!





In case you were wondering...

No one knows for sure who invented the s'more. However, the first published recipe for "some mores" was in a 1927 publication called Tramping and Trailing with the Girl Scouts. Loretta Scott Crew, who made them for Girl Scouts by the campfire, is given credit for the recipe. (Wonderopolis, 2019)



National S'more Day is August 11th!

Missing Items

If you notice your family member is missing something please let someone know right away so we can do our best to locate it for you.

Talk to any staff member in the building or call Lorie Paulsrud – 218.456.2105 – to give a description of the item.



Is someone in your life needing a little more assistance to be successful in activities of daily living? Come and see what Halstd 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

August Birthdays:

In astrology, those born between August 1–22 are Lions of Leo. Leos are natural leaders: intelligent, courageous, and bold. Leos' social natures also make them excellent friends. Those born between August 23–31 are Virgo's Virgins. Virgos love paying attention to details—not to be picky, but to help others. Their industrious efficiency makes them smart problem-solvers and fact-finders.



6th – Patty W. 13th – Honey O. 9th – Brandi L. 15th – Donn P.

9th – Ralph C. (HH) 24th – Judy O. (HH)

The Sharing of Gifts

We had a special visit from the kiddos from the Climax-Shelly School Summer Program last month. They helped us make some amazing flowers, dragonflys and snakes out of beads and pipe cleaners. So much fun!











A Little Bit of History

Halstad Living Center has been a cornerstone of this community for over 40 years. Here is the first part of a timeline of who, where and how we began our journey of serving others.

Early 1970s – Dr. Glenn Brown declared to the Halstad Community Club that "Halstad needs a nursing home!"

1974 – Allen Fuglie and the Lutheran Memorial Nursing Home in Twin Valley got on board and a committee was formed including Dr. Brown, Bennett Aarestad, Dale Stenerson, and Roger Stole. An initial \$100,000 was pledged to bring the home to Halstad.

January 1975 – An enlarged steering committee met and began functioning The committee included: Roger Stole, and Mike Warner, co-chairmen; Dr. Glenn Brown, Bennett Aarestad, Jack Sipe, Dale Stenerson, Pastor T.G. Thompson, and Rhoda Henderson. At a later date, Vi Williams was added to the committee.

March 1975 – over 250 contributors, from Perley to Climax, were contacted and the temporary goal of \$300,000 was met. The steering committee made the transition to building committee in April, and such tasks as selecting a site, interviewing architects, and promoting enthusiasm throughout the area, kept the group busy with weekly or bi-weekly meetings.

April 1975 – Building committee formed dedicated to selecting a site, interviewing architects, and promoting enthusiasm throughout the area.

June 1975 – Agassiz Health Planning Council denied Certificate of Need request by two votes.

November 1975 – Successful re-vote with Agassiz Health Planning Council.

February 1976 – The Halstad City Council unanimously approved a \$1,170,000 bond issue which was submitted to the voters.

May 12, 1976 – Ten acres of land were purchased from the Furseth brothers and the architects were selected. Construction proceeded under the direction of Superintendent Lloyd Gebhardt.

June 1977 – Building completed and Schuster and Company of Minneapolis moved in to supervise interior decoration. Adeline Bergeson became Halstad Lutheran Memorial Home's first administrator. The facility provided long term care services for 68 residents.

Check back next month for the exciting conclusion!

August is National Eye Exam Month

It's important to have a complete eye exam with your ophthalmologist every year or two after age 65 to check for age-related eye diseases such as age-related macular degeneration, diabetic retinopathy, glaucoma, cataract and other eye conditions.

The residents at Halstad Living Center have access to a Doctor of Optometry who can check for general eye health, eye pressures and determine a new prescription if needed.

If you are curious about the last time your family member had their eyes checked or would like to get them on the list for a visit, contact Jane at 218.456.2105.



RECENT MEMORIALS:

LYNN & GORDON BROWNE
IN MEMORY OF CHESTER WALLER

ANNE & KEITH BURKE IN MEMORY OF CHESTER WALLER

KITTY & JERRY AASE
IN MEMORY OF CHESTER WALLER