

Valentine Grams will be delivered to your loved one on Sunday, February 14<sup>th</sup> during dinner at 11:00 am.



If you haven't ordered on yet, get in touch with Jess K. 218.456.2105 – hlact@rrv.net

World's Easiest Quiz Answers

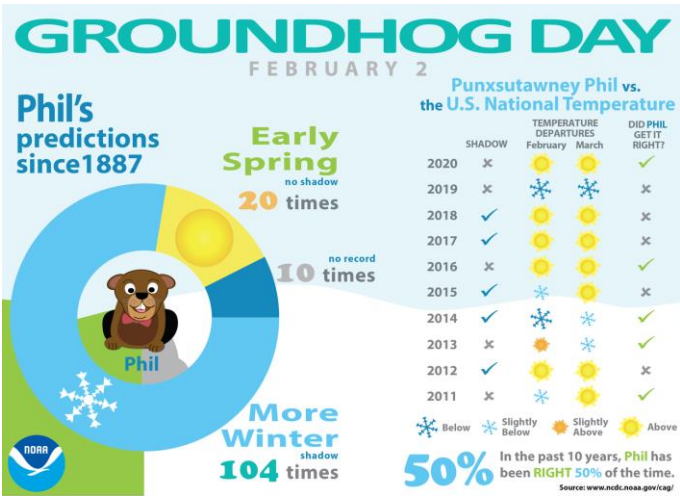
- 1) 116 years, from 1337 to 1453
- 2) Ecuador
- 3) Sheep and Horses
- 4) In November. The Russian calendar was 13 days behind ours.
- 5) Squirrel fur
- 6) The Latin name was Insularia Canaria - Island of the Dogs
- 7) Albert - When he came to the throne in 1936 he respected the wish of Queen Victoria that no future king should ever be called Albert.
- 8) Distinctively crimson
- 9) New Zealand
- 10) Thirty years, of course - from 1618 - 1648



February Birthdays

In astrology, those born between February 1–18 are the Water Bearers of Aquarius. These deep-thinking intellectuals have big and original dreams. The world is full of possibilities, and Aquarians seek freedom in order to reach their greatest potential. Those born between February 19–28 are Pisces' Fish. Pisces are friendly, wise, and selfless, making them compassionate and generous friends. Their intuitive and romantic natures also make Fish creative and expressive artists.

3<sup>rd</sup> - Kim B.  
12<sup>th</sup> - Claire  
15<sup>th</sup> - George (HH)



Halstad Living Center & Heritage House

133 4<sup>th</sup> Ave E, Halstad, MN 56548 phone: 218.456.2105 fax: 218.456.2290

February Fantasies

*Punxsutawney Phil's prediction coming true*  
Groundhog Day - February 2<sup>nd</sup>

*Blowing the biggest bubble gum bubble*  
Bubble Gum Day - February 5<sup>th</sup>

*Having potato dumplings for three meals in a row*  
Staff Makes Dumplings Day - February 5<sup>th</sup>

*An exciting Superbowl game*  
Super Bowl Sunday - February 7<sup>th</sup>

*Reading a perfect fortune*  
Chinese New Year - February 12<sup>th</sup>

*Eating all the chocolate hearts without getting a tummy ache*  
Valentine's Day - February 14<sup>th</sup>

*Remembering the names of all 46 presidents*  
Presidents' Day - February 15<sup>th</sup>

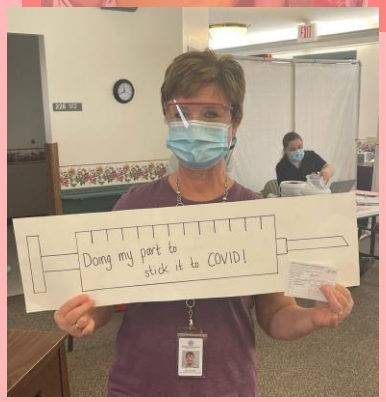
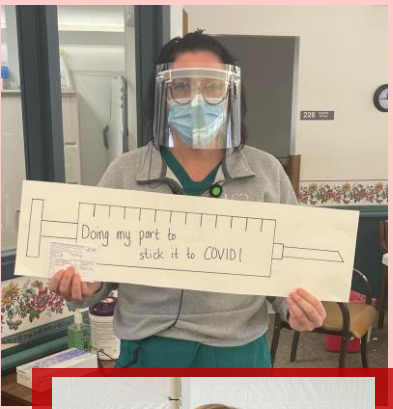
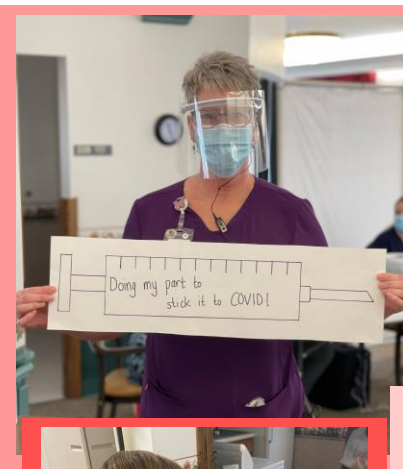
*Watching the Mardi Gras parade on Bourbon Street*  
Mardi Gras - February 16<sup>th</sup>

*Weekly puppy visits*  
National Love Your Pet Day - February 20<sup>th</sup>

*Winning a chili cookoff*  
National Chili Day - February 25<sup>th</sup>

Doing Our Part

On Thursday, January 7<sup>th</sup>, 2021, Halstad Living Center residents and staff were offered their first round of the COVID-19 vaccine.



No major side effects occurred besides a sore arm for a few days. Our second round will be on February 4<sup>th</sup>. We are hoping this will bring us closer to getting you all back in the building to see us. Please consider getting vaccinated when it is available to you!



February is  
American Heart Month

Get plenty of exercise—at least 150 minutes a week that earns a slight sweat.

Take preventative action to avoid diabetes: get regular blood sugar tests and reduce processed carbs.

Stop smoking.

Plan to lower your alcohol intake.

Cut out saturated fats (too much can clog arteries).

Aim for an average of seven hours of sleep per night for healthier arteries.

Boost heart-healthy nutrition with more fruits and vegetables in your daily diet.

If you lose weight, do it the slow-and-steady way: take in fewer calories than you burn.

Manage your stress by incorporating a hobby that helps you relax, such as meditation or yoga.

If you have a family history of high blood pressure (or you are simply concerned about blood pressure levels), purchase a blood pressure monitor so you can track it on a daily basis.

10 Tips  
for  
HEART  
HEALTH

A Monstrous Tradition

February 12 rings in the Chinese New Year, the Year of the Ox. A visitor to China will find homes decorated in red. Come midnight, loud fireworks will boom and crackle. These time-honored traditions spring from the myth of the monster Nian, half-dragon, half-unicorn, a hooved and one-horned beast. Nian lived at the bottom of the sea but would rise from the depths each New Year's Eve to ravage the villages. So, each New Year's, the villagers would flee to the mountains. One year, a beggar arrived to find the village deserted. Only an old woman remained, and in return for shelter, the beggar promised to scare Nian away. The beggar busied himself decorating the woman's house with red. When the terrible Nian arrived at midnight, it roared in anger when it saw the red door. The beggar lit firecrackers to terrorize Nian. Dressed all in red, he laughed in Nian's terrible face, and the monster fled. The villagers returned to learn that Nian was scared of the color red and the loud firecrackers. To this day, every New Year's Eve, the Chinese still drape their homes with red and light firecrackers at midnight.



LET ALL  
THAT  
YOU DO  
BE DONE  
WITH  
LOVE.

Happy  
Valentine's Day

1 CORINTHIANS 16:14 NKJV

What is an Ombudsman?

The Office of Ombudsman (om-budz-muhn) for Long-Term Care is a program of the Minnesota Board on Aging. Regional ombudsmen and volunteers work to enhance the quality of life and services for people receiving long-term services and supports. The program also advocates for reform in long-term care through changes in state law, federal law and administrative policy.

What is an Ombudsman?

An Ombudsman is an independent consumer advocate who:

- Investigates complaints about the health, safety, welfare and rights of Minnesotans receiving long-term services and supports
- Works to identify problems and resolve individual concerns
- Provides information and help with long-term care services, consumer rights and regulations
- Resolves disputes between consumers and providers about long-term care services
- Works with providers to promote a culture in which people have and can make choices.

Who can the Ombudsman help?

Ombudsmen can help:

- Residents of nursing homes and board and care homes, including veterans' homes
- Residents of adult care homes, such as housing with services, assisted living, customized living or foster care
- People receiving home care services
- Medicare beneficiaries who have concerns about getting into or being discharged from hospitals
- Anyone seeking help with long-term services and supports.

What can the Ombudsman do?

Ombudsmen work with residents, families and service providers to promote person-centered care and to identify issues in the long-term care system and advocate for change. They also handle complaints and problems from individuals related to:

- Quality of care and quality of life
- The Patient, Resident and Home Care Bill of Rights
- Discharge or eviction from nursing homes, board and care homes, veterans' homes, assisted living and other long-term care or home and community-based service settings

Continued in next column

World's Easiest Quiz

Ten Simple Questions (or are they?)

Passing requires ONLY 4 correct answers!!

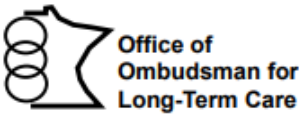
- 1) How long did the Hundred Years War last?
- 2) Which country makes Panama hats?
- 3) From which animal do we get cat gut?
- 4) In which month do Russians celebrate the October Revolution?
- 5) What is a camel's hair brush made of?
- 6) The Canary Islands in the Pacific are named after what animal?
- 7) What was King George VI's first name?
- 8) What color is a purple finch?
- 9) What country do Chinese gooseberries come from?
- 10) How long did the Thirty Years War last?

Answers on last page, left column

Source: [begent.org/easyquiz.htm](http://begent.org/easyquiz.htm)

- Termination of services, including home care, adult foster care, hospice, Elderly Waiver, Community Access for Disability Inclusion waiver and other long-term care community-based service programs
- Public benefit programs, such as Medicare, Medical Assistance, veterans' services, long-term care insurance and other programs that directly affect an individual's long-term care needs.

The Ombudsman for HLC's region is Heather Anderson.  
1-800-657-3591 [www.mnaging.org](http://www.mnaging.org)



Source: <https://mn.gov/dhs/people-we-serve/seniors/services/ombudsman/>