
**MAY IS NATIONAL ARTHRITIS AWARENESS MONTH**



Wear blue for Arthritis Awareness Month

Blue Awareness Ribbon: the symbol for arthritis awareness
"Hope Courage Faith": sport the blue bracelet for arthritis

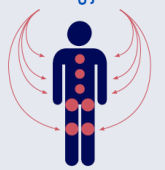
OSTEOARTHRITIS

- » Nicknames for OA: "wear and tear arthritis" or "degenerative arthritis".
- » Most common form of arthritis.

27,000,000
affected people in U.S.

Characterized by breakdown of cartilage, stiffness, and pain in affected joints

Most cases of OA affect the weight bearing joints



Two types of osteoarthritis


Primary


linked to aging and wear on the joints
Old age yields higher risk of experiencing some level of primary OA


Secondary


usually develops earlier in life than Primary OA
Often occurs a decade after a specific cause (injury or obesity)


RISK FACTORS

 Age

 Injury or joint overuse


 Obesity

 Genes/family medical history


 Muscle weakness

DEMOGRAPHICS & STATS

- » Arthritis means "joint inflammation"
- » Greek words for joint (arthro) and inflammation (-itis)



Our earliest ancestors were affected (skeletal remains from 4500 b.c. show signs of arthritis)



More common in women than men


44,000,000
Average of 44 million outpatient visits

9,387
deaths per year

\$128,000,000,000

CDC estimates total economic costs for rheumatic conditions to be \$128 billion per year

100+ types of arthritis



Most common cause of disability in the U.S.

RHEUMATOID ARTHRITIS

- » Autoimmune inflammatory form.
- » Primarily attacks joints, but can also damage organs.

Signs and symptoms that are consistent with RA:

- » Earliest symptoms often originate in the small joints of the fingers, wrists, and feet
- » RA symptom symmetry (often affects same joints on both sides of body)
- » Morning stiffness in joints
- » Rheumatoid nodules (subcutaneous lumps) under the skin
- » Deformities in the joints caused by severe damage to the tendon, ligaments, and cartilage
- » Loss of appetite and fever
- » Risk of early damage to the joints following onset of RA

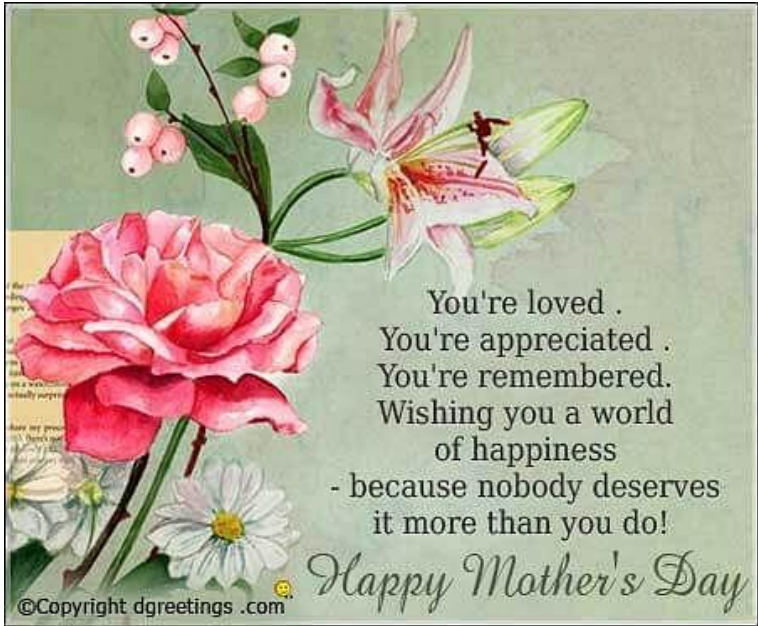
Early diagnosis & treatment are very important

1,300,000
adults in the U.S. are living with RA

Most cases occur between ages of 30 and 50, but can occur at any age

Causes high risk of disability
RA is three times more common in women than men.

This suggests genetics and hormones play role in onset of RA



May Birthdays

In astrology, those born from May 1–20 are Bulls of Taurus. While Taureans enjoy the comforts of luxury, they are unafraid of hard work and dedicate themselves to the tasks at hand. Their steadfast nature makes them reliable. Those born from May 21–31 are Twins of Gemini. With a feeling that something or someone is always missing, Twins forever seek new friends and opportunities. They are curious, intelligent, and sociable communicators, which makes them valuable colleagues and empathetic friends.



- 1st - Ivan
- 3rd - Jerry
- 4th - Janessa B.
- 6th - Irene
- 8th - Danny
- 9th - Myla R.
- 9th - Shenay C.
- 13th - Punky (HH)
- 17th - Kylie A.
- 20th - Lee Z.
- 20th - Mikayla G.
- 21st - Gladys
- 27th - Cynthia
- 30th - Nancy



Halstad Living Center & Heritage House

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



- ### Magnificent May
- We are looking forward to:
- Hearing:
 - Birds
 - Lawn Mowers
 - Kids Laughing
 - Frogs
 - Special Music Outside
 - Rain on the Roof
 - Smelling:
 - Flowers
 - Cut Grass
 - Fresh Rain
 - Turned Soil
 - Bug Spray
 - Sun Screen
 - Seeing:
 - Colorful Blooms
 - Baseball Games
 - Kids Running
 - Cloud Formations
 - Rainbows
 - Tasting:
 - Fresh Watermelon
 - Fresh Tomatoes
 - Popsicles
 - Ice Cream Cones
 - Touching:
 - Puppies
 - Dandelion Fluff
 - Ice Cold Drink Glasses
 - Water from the Hose
 - Sun Warmed Skin

Spring in the Valley

Spring time around these parts always keeps us on our toes. This spring we have already enjoyed 75-degree days and 2 inches of snow - in the same week. As the weather (hopefully) continues to improve we look forward to getting out to do some of our favorite things.

If you come up for a visit and can't seem to find us anywhere in the building there are a few of places to look. We may be tending the raised flower boxes on the front patio, walking the path meandering through the back memorial garden between here and Heritage House or off on a golf cart adventure. We didn't get to do much of this last year so we are excited to make the best of it as soon as we can.

Did you know that Halstad is home to the World's Largest Sugar Beet? Yup, sure is. You can see it right there on Main Street next to the new Valley General Store. And if you drive east out towards North Dakota you can play a round of Disc Golf (discs are available for sale at Valley General Store) and check out the Glen Brookshire Boat Landing. If you are feeling really adventurous, you can rent a kayak from the City of Halstad and take a trip down the mighty Red River of the North.

We probably won't be doing much disc golfing or kayaking but we do hope to spend some time shopping for some tasty treats in the store and reveling in the glory of the beet. Many of us haven't had a chance to check it out yet as it was finished up last summer during the shutdown.

No matter what else you find to do this spring, we invite you to give us a call and stop by for a visit. We are very excited to get to have friends and family come in the building. We know wearing the masks is frustrating but if that is what it takes to get to see you, we will take it!

Despite the lack of company we have been able to welcome in over the past year, we continue to be good Scandinavians - the coffee pot is always on and the ice cream machine is always running.

Making the Difference!



Cole Falconer, Dietary Assistant

Cole started his career in food service working as a server and cook for the Panther Spot, a small café that used to be on Main Street in Halstad. He was able to put those skills to work again when he joined the dietary team here in 2019 as a dietary assistant.

Cole stated he enjoys the time he spends with the residents visiting and joking around. He especially enjoys when they can laugh together. Cole also appreciates the time friendships he has made with his boss, Kim, and the other employees.

When Cole isn't working, he can usually be found cruising the streets of Halstad in his Monte Carlo, playing games or watching movies.

Thanks, Cole, for making the difference!



Heritage House
Member of Lutheran Homes

Apartments Available:
1 bedroom & 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.

Introducing
Gus



Gus comes to see us with his human, Carla, who is our Rehab Coordinator.



Gus is tiny now but he will likely get to be around 80 lbs.



Gus is a Bernedoodle - one-half Bernese Mountain Dog & one-half Poodle



Memorial Day Poem for Hendrum, Minnesota

We, or our parents or our grandparents, came here from Norway, Sweden, Ireland, Canada, Mexico, Germany, England...

We learned to speak each other's language.

We broke sod.

We broke our backs.

We ate lefse.

We drank coffee.

We built the roads to Hendrum.

We built the city park east of town.

We built the churches, our homes.

We built our lives.

We planted crops.

We planted gardens.

We prayed for rain.

We welcomed the railroad.

We swam in the Red River, and the Wild Rice.

We hunted deer.

We fell in love, got lost, found Jesus, found each other.

We moved away; we came home.

We volunteered, or we were drafted.

We defended our country.

We served with honor.

We were afraid.

We were joyful.

We got married.

We shared meals.

We waited for spring.

We buried our mothers and fathers beside your mothers and fathers.

We fought floods.

We fought fires.

We built one room school houses.

We were Huskies. We were Panthers.

We ate at the Hendrum Cafe, and Quincey's, and Nepstad's.

We drank 3:2 beer at Bennie's or Chet's.

We shopped at Johnson's Fairway, or Hanson's Grocery.

We played bingo at the Legion Hall.

We bellied up to the Last Chance Saloon.

(Continued in next column)

Spring Cleaning

When you stop in for a visit, please take a minute to look through your loved one's closet and drawers. There are probably a few things in there that no longer fit or are in need of repair or replacement. If you have questions about what they need to get rid of please ask a CNA, as they help your family member get ready daily. We no longer take donations but if you have something you need help dealing with we would be happy to help get the stuff to a thrift store in the area.

(Memorial Day Poem for Hendrum cont.)

We patched the sidewalks.

We painted curbs.

We built a ramp.

We planted trees.

We cut down trees.

We held raffles and bake sales.

We weeded our gardens.

We had babies.

We lost babies.

We smelled the spring lilacs.

We watched the Northern Lights.

We planned the Fall Festival.

We sang hymns by candlelight on Christmas Eve.

We sinned.

We repented.

We forgave.

We poured ourselves into this landscape.

We will continue what's been started here.

We will not forget.

~ Jennifer Johnson Early

