

Making the Difference!



Shenay Connelly,  
RN Case Manager/MDS Nurse

Shenay worked as an LPN at Villa Maria Nursing Home in Fargo before graduating from RN school and coming to work at Halstad Living Center. She has worked in Halstad for a little over a year now as an RN Case Manager and recently took on the role of MDS Nurse, too.

Shenay says: “I have really enjoyed getting to know everyone here at HLC, staff and residents. To say I made the right decision to come to HLC would be an understatement. I enjoy the wonderful atmosphere that HLC has to offer and the best part is I get to do my job in that wonderful atmosphere.”

Shenay has a wonderful boyfriend, Josh and a rambunctious dog named Ole. She has 4 brothers and 1 sister who all live all over the place. Currently, her spare time is taken up by school and picking up some shifts as an RN on the floor at Sanford Hospital. When she isn’t busy with those things, Shenay enjoys spending time with friends and family. “Although I am young, I have learned that life gets too busy/fast at times and it is important to take time to slow down and enjoy a day getting to be lazy and not have a care in the world.”

Office of the Ombudsman

Were you one of the lucky folks who was able to make it to the Family Council meeting last month when our local Ombudsman, Heather Anderson, came in for a visit? If not, don’t worry. Here is more information about this potentially important person for people living in long-term care.

The word “ombudsman” comes from the Swedish language meaning *legal representative*. In the United States it is used to describe a person whose job is to work as an independent consumer advocate for people living in long term care centers, boarding care homes, housing with services, assisted living, customized living, or foster care.

Ombudsmen can provide information about consumer rights, service options, and regulations that apply to long-term care facilities and in-home and community-based services. They also do investigative work to resolve individual complaints relating to quality-of-care services, quality of life, rights violations, access to services, service termination, discharge or eviction, and public benefits programs. These people dedicate their time to work with service providers to promote a culture of person-directed living, identify systemic issues and advocate for change.

If you would like more information about our area ombudsman please call **Lorie Paulsrud – 218.456.2105**, or the **Office of Ombudsman for Long-Term Care at 1.800.657.3591**.

There is no charge for ombudsman services.

Words of Wisdom:

“When in nursing school, I had a nursing instructor that always repeated ‘It’s never time to panic.’ Those words have stuck with me ever since and words that I’ll carry with me through the entirety of my career. When things are getting hectic or tough just remember: ‘It’s never time to panic.’

Thanks, Shenay, for making the difference!

Halstad Living Center and Heritage House

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

HLC Highlights:

July 1<sup>st</sup> – 2:15 pm

SnoCones on the patio

July 6<sup>th</sup> – 2:15 pm

Dreamsicles on the patio

July 9<sup>th</sup> – 10:15 am

Trip to the Red River Zoo

July 12<sup>th</sup> & 19<sup>th</sup> – 6:00 pm

Bible Study with John

July 13<sup>th</sup> – 12:15 pm

Trip to Walmart

July 14<sup>th</sup> – 10:15 am

Communion Service

July 15<sup>th</sup> – 2:15 pm

Popsicles on the patio

July 20<sup>th</sup> – 2:15 pm

Freeze Pops on the patio

July 21<sup>st</sup> – 10:00 am

Special Music with Doug Spartz

July 22<sup>nd</sup> – 1:15 pm

Ada Crop Tour

July 27<sup>th</sup> – 12:00 pm

Trip to Shooting Star Casino

July 29<sup>th</sup> – 2:15 pm

S’mores on the patio

Going Fishing

If you grew up in the land of 10,000 lakes or on the banks of the mighty Red River of the North, like many of us at Halstad Living Center did, you probably had the chance to try your hand at fishing. It was an endeavor that wasn’t to be taken lightly where I came from.

There were so many decisions to be made: Fish from the dock, shore, or in a boat? Use a lure or live bait? Minnows, leaches or worms? Troll, cast and reel, or let it float with a bobber? Early morning or late afternoon? So many things to think about.

And then you have to make sure you have a stringer, bucket or live well, a needle nosed pliers to get fish off the hook if they swallow it and someone who is willing to clean them. Did you bring water or something to drink? Are you staying out long enough to need a snack? What are you going to use to wipe the fish slime or worm guts off of your hands? The situations are endless.

When we think back on those times, we probably don’t remember many of those details because now they aren’t important. What was important was the relationships we were cultivating while we fished and the stories that were told - before and after. And let’s be honest, how many of those details haven’t been stretched over the years? Was it really a 15-pound walleye that we caught on six-pound line in the middle of a thunder storm? Maybe not, but remembering the excitement we experienced when we felt that tug on the line and knew the hook was set makes it seem that way now.

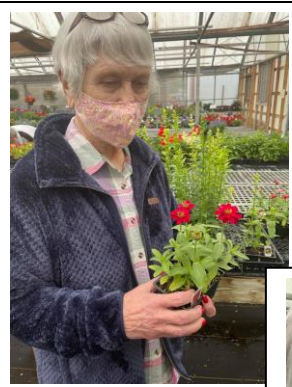
We took a few of our friends out to the Red River recently to drop a hook in and see what we could get. Turns out, not much in the ways of fish but a whole lot in the way of reminiscing and reliving great memories, and those are what really matter in the end.





Bringing Nature Home

On June 2<sup>nd</sup> we had the great privilege of meeting with the amazing ladies at Laughing Earth to purchase some flowers for our raised flower beds. We enjoyed the colors, textures and scents of the green house on a perfectly cool morning. We picked our favorite flowers and then spent some time browsing in the gift shop with some fantastic company.



We even got us a goat! We named him Billy.



He hasn't eaten one thing he shouldn't. Yet.

July Birthdays

In astrology, those born July 1–22 are Cancer's Crabs. Crabs like to retreat into their "shells" and enjoy being surrounded by loved ones at home. They nurture deep relationships and become loyal friends. Those born July 23–31 are Leo's Lions. These "kings of the savanna" are natural-born leaders, full of creativity, confidence, and charisma. Leos use their generosity and sense of humor to unite different groups into a common cause.

- 2<sup>nd</sup> - Tim (HH)
- 10<sup>th</sup> - Lorie P.
- 14<sup>th</sup> - Jane
- 14<sup>th</sup> - Kim L.
- 16<sup>th</sup> - Mike
- 17<sup>th</sup> - Donovan
- 26<sup>th</sup> - Dora
- 28<sup>th</sup> - Bev
- 30<sup>th</sup> - Muriel



FOLKLORE FOR THE SEASON

- Ne'er trust a July sky.
- If ant hills are high in July, the coming winter will be hard.
- As July, so next January.
- No tempest, good July, Lest the corn look ruely.
- *Whatever July and August do not boil, September can not fry.*

Source: <https://www.almanac.com/content/month-july-holidays-facts-folklore>



Took a little trip to the Norman County Fair. Met some new folks, reconnected with some old friends, ate good food and enjoyed wonderful music!



Reminders:

- Please make sure your loved one's clothing and items are labeled, even if you do their laundry. A black sharpie can do the job until their name label gets put in. Please let Kristen in Environmental Services know if something needs to be labeled.
- Bring plastic bags or sealed containers for food storage in resident rooms. We have a history of critters who like to share.
- Help keep your loved one's closet neat by cleaning it out seasonally. If you need boxes you can check with Housekeeping.
- If your loved one is missing a clothing item see Lorie in Social Services or Kristen in Environmental Services. It might be hanging out in our unlabeled items area.

