



Letters From Home

Kittson
HEALTHCARE

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Resident Feature: *Sheldon and Lorraine Carlson*

Carl Sheldon Carlson was born April 15, 1928, to Carl and Helvie Carlson, Lancaster. He was the third of eight children. His siblings include Audella Stamnes, Virginia Nordling Pearson, Bill Carlson, Doreen Barry, Duane, Jerry and Leland.

Since Carl and his father shared a first name, he started using his middle name and has been called Sheldon for many years. His family gave him the nickname of Sonny.

Sheldon was born in Humboldt, Minn. At the time his father was working at the elevator there. The family moved back to Lancaster after his father quit this job due to the grain dust.

Sheldon recalls growing up on a farm and having a dog that would round up the cows for them. His dad would say, "Bring the cows in," and the dog would get them from the field and into the barn.

He also remembers playing with his siblings in the hay loft where they had a rope they would use to jump out of the hay loft and land in a pile of straw. Unfortunately, one time, Sheldon jumped and missed and broke his elbow and dislocated his shoulder.

He attended school in Lancaster and went into the Marines after high school. He worked for Standard Oil for several years, starting in 1956. He was active in sports and was very good, playing basketball, town baseball, bowling and golfing on men's leagues for several years. He was an umpire for baseball games in Lancaster for many summers. He also enjoyed attending high school games no matter what the sport. He recalls not having football when he was in high school during World War II as there were no coaches.

On Oct. 22, 1955, Sheldon married Lorraine Elsie Spilde, who was born March 16, 1929. They only dated for eight months and don't remember how they met but knew each other in high school. Lyle Dexter was Sheldon's best man and also his best friend in high school and Lorraine's first cousin. Lorraine's sister, Marge, was her maid of honor. They were married at Eidsvold Lutheran Church, Halma. The couple went to the Cities for five days after getting married and stayed with Sheldon's sister, Doreen, saying, "We didn't have any money back then to pay for a motel!"

Lorraine's parents were Severt and Cora Spilde, Halma, Minn. She was the third child of four. Her siblings include Burton, Margery Stenberg and Darlene. Darlene was called a "blue baby" when she was born



LORRAINE AND SHELDON CARLSON have lived at the Kittson Healthcare Nursing Home since July of 2018.

because of a heart condition and passed away at the age of 9. Lorraine remembers reading to her sister Darlene a lot and playing school with her as she was unable to attend because of her heart condition.

Lorraine remembers having a dog named Sport growing up and thinks all their dogs were named Sport. She remembers doing chores at home – picking and cutting potatoes and milking cows. She liked going to dances in the area but like many of the fathers of her friends, her dad would not allow her to attend dances on Sunday.

Lorraine also enjoyed attending basketball games when she was in high school. She attended school in Halma for eight years and then went to Karlstad for high school. After graduating, she attended nurses training at Franklin Hospital in Minneapolis and some years later took her LPN test and passed. She worked part-time off and on for 25 years at Kittson Memorial Healthcare Center, mostly working in the nursing home.

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A note from the Activities Department

We hope this note finds you all in good health and happiness. Some of the fun things we have been up to since our last newsletter were our annual Halloween Party followed by Trick-or-Treating in the evening. Our residents and staff dressed up for the party. Staff were then judged on who had the best costume. The winners were Ben Gonzalez, Genie Swanson and Brenda Ferguson. A most wonderful time was had by all. Halloween night was a big success once again as over 200 children came to trick-or-treat. All of our candy, which gets passed out by residents on Halloween night, was donated by staff, family and friends. We are extremely appreciative of all who drop off candy for our residents to hand out! Thank you!

On Nov. 11, we celebrated Veterans Day. The guest speaker was Dan Jaszczak, who provided the audience a very wonderful and heartfelt message. All residents and staff who served this great country were recognized and honored. Special music for the program was provided by Aaron and Melissa Weil. As always, this program was very well-attended. This now brings us to our November "Turkey Teaser." On the Thursday before Thanksgiving, our residents and staff were treated to a mini Thanksgiving meal. Turkeys were cooked by the activity staff, buns were baked by our own Kittson Healthcare employee, Jen Peterson, cranberries and desserts were whipped up by kitchen staff. This particular activity continues to be one of the most popular ones we do by far. After all, who doesn't love turkey and homemade buns?

All residents enjoyed a morning of making or watching lefse made and of course, eating the homemade lefse. A special thank you to Tom and Sharlene Klegstad, Gary and Renee Johnson, and

Cindy Urbaniak. This definitely brings back wonderful memories to our residents. Is there anything better than eating warm off-the-griddle, buttered lefse? Our own Eddie Cozzen buttered and cinnamon/sugared fast and furious to keep up with the demand!

The Upper Level Christmas party was held on Dec. 11. Entertaining the crowd was Nancy and Charity Balyeat. Santa also made a guest appearance and delivered gifts to all. The Lower Level party was held on Dec. 13. Once again, Nancy and Charity provided the entertainment. On both occasions, residents were encouraged to sing along and some became bell ringers. Charity also provided a special Spanish version of "Feliz Navidad," wearing a festive hat. Several groups came to share their talents with us. Some groups include Kittson Central Elementary kindergarten and first graders, Stephen Argyle Central second graders, Lancaster High School Choir, Popple Ridge Pickers, Fallcreek Quartet, Diane Younggren's piano students, and the Catholic choir. There was a special Christmas Eve service provided by Dan Vagle and Family, Kenny and Keaton Hultgren, John Eerkes and Family, and Bruce Steen. Lastly, at the New Year's Eve party, residents enjoyed Brandy Alexanders with shrimp cocktail and meat with cheese trays. As you can see, we have been very busy these last couple of months, as this time of year is always such a hustle and bustle. We hope you all take some time to sit back and truly hold close your loved ones.

Have a healthy and Happy New Year.

Krista Olson, AA



KITTSON CENTRAL FIRST GRADER, ELY WIESE, traces Kittson Healthcare resident Peter Olson's hand during a nursing home activity between residents and Kittson Central's first grade students. The traced hands were then cut out and put together to make a wreath to decorate the hall at the nursing home.



VELVA LARTER got a hug and a present from Santa.



KITTSON CENTRAL KINDERGARTENERS and FIRST GRADERS entertained the residents with songs and activities during the Christmas season.



JIM BURTON enjoyed the Christmas party held at the nursing home and dressed up for the event.



MARILYN GINDER receives a gift from Santa at the upper level nursing home Christmas party. Ginder's daughter joined her for the party.



DURING THE LOWER LEVEL CHRISTMAS PARTY, I-r, BEA BAHR, a visitor and JANICE HANSON rang bells during special music provided by Charity and Nancy Balyeat. Gifts for all residents were handed out.

ADMINISTRATOR NOTES



Winter Illness - Influenza and GI Flu

Even looking at the word makes us feel ill. With all the information about influenza out in the media this time of year, it still amazes me how many people are misinformed about this illness. Influenza is NOT stomach flu. Influenza is body aches, chills, headache, fever, weakness, occasionally a cough. If you have ever had influenza – you know the feeling. You can hardly get out of bed or off the couch. Some patients have remarked that even the sheets against their skin hurts.

Influenza is a virus, so antibiotics will not improve how you feel. We recommend lots of fluids, rest and Ibuprofen for the aches and fever. **NO ASPIRIN!** You need to stay home so that you are not exposing others to influenza. If you have chronic health conditions like diabetes, COPD (emphysema), asthma, cancer or are immune compromised, you may be offered an anti-viral medication that may shorten and lessen the severity of illness.

We currently do not have any cases of influenza in our nursing home. When we have cases of influenza in the nursing home, we start all of the residents on an anti-viral medication. We also offer anti-virals to staff working with these residents. We know how vulnerable our residents are – advanced age and often with significant health conditions or multiple health conditions that increase the frailty and susceptibility in our residents.

We often see gastrointestinal flu this time of year as well, Norovirus being the most predominant strain. Norovirus can truly only be diagnosed if a stool specimen is received from the patient.

Norovirus is characterized as sudden and severe onset of stomach “flu” with vomiting and diarrhea. It is extremely contagious. So all surfaces contaminated by these body secretions need to be disinfected and everyone in the house needs to practice very good hand-washing. At our facility, our policy is that any dietary staff with a GI illness are off for a mandatory three days due to this virus being extremely contagious. Rest and fluids are the treatment for Norovirus.

We monitor the health of the community by what is being diagnosed in the clinics and in what we are seeing in the school settings. This is why you may see signs posted at the entrance doors that say, “There is viral illness in the community right now. If you are not feeling well, we ask that you do not visit. If you must visit, please put on a mask.” We are trying to protect you, your family, our residents and our staff.

We cannot refuse visitors as this is the residents’ home. But we do ask that if you are not feeling well or your grandchildren are not feeling well, please do not come to visit where we risk getting our residents sick.

Get your flu shot, get plenty of rest, exercise and good nutrition, and we hope that the flu bug misses you this year.

*Cindy Urbaniak,
nursing home administrator*

Handwashing

We hear a lot about handwashing this time of year, so let’s review good handwashing practices so that you can stay healthy and keep your family healthy this winter.

Did you know that handwashing is the number one way to prevent the spread of infection? Seems like such a simple thing! But handwashing is where it is at for prevention!

When should you wash your hands? You need to wash your hands whenever your hands are visibly dirty, after you use the bathroom, before and after you eat, before and after touching your mouth, eyes and nose.

How to wash your hands?

- Turn on the water to a comfortable temperature.
- Wet your hands
- Apply soap
- Wash with soap for 20 seconds (singing happy

birthday is approximately 20 seconds)

- Use friction – so rub the surfaces of your hands.

Remember to do both the palms and the back of your hands up to your wrists.

- Keep your fingers pointed down in the sink as you rinse with warm water.

- Take paper towels and dry your hands. Discard them in the garbage.

- Take another paper towel and turn off the faucet. (Remember that your dirty hands touched the faucet prior to you washing, so it is a contaminated surface.)

Hand sanitizers are perfectly acceptable in between soap and water handwashing, or if soap and water are not available.

This very simple process will help keep you and your family healthy all winter!



FOUNDATION NEWS

Kittson Healthcare continues to provide outstanding services and high-quality care to all residents of Kittson County. We are here for you and your loved ones to help keep you healthy!

Kittson Healthcare offers an amazing amount of services for a rural facility including: emergency care and 24/7 ambulance services; inpatient care including acute care, swing bed, and acute observation; laboratory diagnostic testing and radiology including: X-ray, CT, bone density and EKGs; the Hallock Clinic offers primary care and visiting specialists in dermatology, mental health, orthopedics, podiatry, and cardiology; and the Karlstad Clinic provides primary care and mental health. Outpatient services include mammography, colonoscopies, esophagogastroduodenoscopy, MRIs, ultrasound, cataract surgery, physical, speech and occupational therapy, cardiac rehab, public health, home care, school health, nursing home and assisted living units. Kittson County Hospice offices are also located within our facility.

Our Kittson Memorial Foundation focuses on seeking and providing financial assistance for new equipment and improvements to our facility.

In July, our "Score Fore" Golf Tournament raised funds for new cardiac rehab equipment, and our Foundation provided funds this fall to help establish our new Kittson Pharmacy as well as a new air handling system, which provides comfort for our patients and residents.

Since we strive to provide the absolute best care possible, there is always a need for funds to purchase new equipment and/or make improvements.

Our Foundation deeply appreciates your continued generous support, which enables us to maintain our outstanding services to Kittson County. Thank you so very much!

Sincerely,

***Patricia Swanson, RN, president
Kittson Memorial Foundation Board of Trustees***

***Board Members: Pat Wise, vice president
Janelle Craigmile, hospital board representative
Hugh Hunt, Laverne Isaacson, Ken Peterson,
Dennis Sobolik and Joyce Wikstrom***

**Have a resident
in the nursing home?
Family members
are encouraged
to send their
email address to nancy.lysford@kmhc.net**

AUXILIARY NEWS

The Auxiliary has been busy over the year. We have done a few other projects and have some other ideas we are planning to do.

We held our 50/50 raffle ticket sale during the fair. This was a new event for us instead of sending tickets out. We had a drawing each night. Our profit was marginal as there were a number of other organizations selling tickets. We made the decision to discontinue ticket sales and will find other fundraising projects.

We were very busy with the flea market, which was held Saturday, Nov. 16 and did very well. This is our third year and there were more items than in the previous years. We will continue with this for next year also. If anyone wants to bring in gently used items they can be brought to the hospital anytime. The board would like to thank everyone who brought items but ONLY Christmas decorations!!

We had a drawing for a Halloween raffle basket and Kathy Phelps, our X-ray director, decorated a small Christmas tree with Bible verses. We are planning to do more of these projects for the upcoming year.

We have donations from private citizens and organizations. We truly appreciate this gesture and are very thankful for them thinking of the Auxiliary.

There was a two-day Blood Drive and a one-day event in August that had many people donating. We are so thankful for all the people donating as we never know when we or a family member may be in need of it. Linda Boychuk, our chairman for the drives, does an outstanding job getting schedules and dates lined up besides working at the events all day. There are numerous volunteers that help out and thanks to all of them. Thank you for all that you do to make these events so beneficial. There is a Blood Drive scheduled for Tuesday, Jan. 21 from 11:30 a.m. to 5:30 p.m. at the Grace Lutheran Church. If you are interested in donating or volunteering to help at a blood drive event, please contact Linda Boychuk.

We have many requests for items that are in need in the different departments of the facility and waiting for quotes.

If you are interested in becoming an Auxiliary member please contact Pam Taie or any board member. The membership cost is \$2 yearly.

~ ***Pam Taie, Auxiliary president***

To reach a loved one in the nursing home without going through the main switchboard, use these phone numbers:

Upper Level Portable Phone • 218-843-2525

Lower Level • 218-843-2208

Portable Phone Lower Level • 218-843-2253

CLERGY SCHEDULE

January

- 5.....Marge Landwehr, First Presbyterian, Hallock
- 12.....Wes Staie, Lake Bronson Covenant
- 19.....Kathy Levenhagen, Maria/Zion/Sion Lutheran, Kennedy, Lake Bronson, Lancaster
- 26.....Kennedy Covenant

February

- 2.....Chad Larson, Assembly of God, Hallock
- 9.....Frank Johnson, Grace/Red River, Hallock
- 16.....Galen Nordin, Lancaster Covenant
- 23.....Mike Schendel, First Lutheran, Stephen

March

- 1.....David Sorrel, United Methodist, Drayton
- 8.....Daniel Ostercamp, Trinity Lutheran, Hallock
- 15.....Marge Landwehr, First Presbyterian, Hallock
- 22.....Wes Staie, Lake Bronson Covenant
- 29.....Kathy Levenhagen, Maria/Zion/Sion Lutheran, Kennedy, Lake Bronson, Lancaster

April

- 5.....Kennedy Covenant, Kennedy
- 12.....Chad Larson, Assembly of God, Hallock
- 19.....Frank Johnson, Grace/Red River, Hallock
- 26.....Galen Nordin, Lancaster Covenant



THE ST. PATRICK'S CATHOLIC CHURCH CHOIR came to the nursing home in November and performed for the residents.

WOMEN'S CHURCH GROUPS

January

- 8.....Birthday of the Month - 2:00 p.m.
Sion Lutheran ~ Lancaster

February

- 5.....Birthday of the Month - 2:00 p.m.
Kennedy Covenant Church

March

- 4.....Birthday of the Month - 2:00 p.m.
United Methodist Church ~ Humboldt

April

- 1.....Birthday of the Month - 2:00 p.m.
Lancaster Covenant Church



CATHERINE and ERNIE KLEGSTAD enjoyed time together during the upper level nursing home Christmas party. Music was provided for the event by Charity and Nancy Balyeat. Santa surprised the residents and brought gifts to them all.

Please update us with your current email and mailing address.

Please call 218-843-3612 ext. 200 or email rebekah.coffield@kmhc.net

www.kittsonhc.org

 Kittson Memorial Healthcare Center

IN MEMORY OF

- Evelyn Mortenson
- Dean Dagen
- Maynard Docken
- Elaine Nordling
- Cheryl Anderson
- Lois Lindegard
- Vera Loer
- Lois Pantzer
- Kay Rosengren
- Harris Mortenson
- Verona Karboviak

Sheldon and Lorraine belong to Sion Lutheran Church in Lancaster and have been members for over 60 years. As a family, they always attended church and Lorraine belonged to the Ladies Aid and attended Bible study regularly.

Lorraine also enjoyed bowling and golfed on the women's league. Together the couple played on the couples league in both bowling and golf. They also enjoyed square dancing.

In her spare time, Lorraine liked to quilt, crochet, knit, embroider and later in life, Swedish weaving.

The couple have five children: Jeanne (Bob) Laude Lancaster; Jim, Silver City, N.M.; Cindy (Steve) Sandahl, Warroad; Carley McDonald, Fort Myers, Fla.; and Dan (Michelle), Bemidji, Minn. They have 10 grandchildren and 10 great-grandchildren.

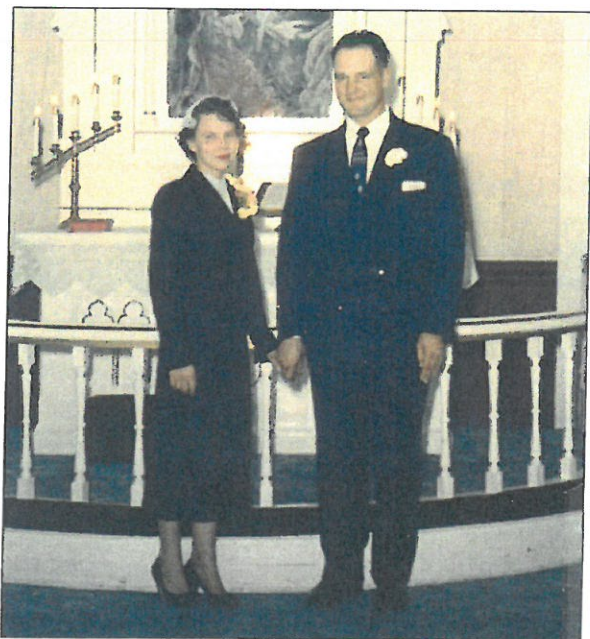
Over the years, the family had many dogs and a few cats. The couple's first dog, a cocker spaniel, was named Ginger. Other dogs they had included Spoofer, Tiny, Toby, Diesel and Schatzi. Schatzi broke a front leg running into a snowmobile and was no longer able to use that leg. It was amputated and he lived for years

getting around on three legs.

After retirement the couple took advantage of their newly found free time and traveled often. They went on several Senior Citizen bus trips, visiting the East Coast and the Canadian Rockies. While their son Dan was in the Navy, they visited him in the states of Washington and Hawaii. They also took a cruise to Alaska. In all, Lorraine said they visited every state except Oregon.

For 20 years, they enjoyed spending most of the winter in a senior park in Apache Junction, Ariz. In the first years they were there, Lorraine worked part-time at a nearby daycare and Sheldon worked at a golf course. They felt fortunate to be able to go south for the winter, where they made many new friends. They also saw many people from Kittson County and regularly attended the Kittson County breakfasts on Thursday mornings at an area restaurant.

They moved into the nursing home in July of 2018 and share a room. They know many of the people living here and enjoy the staff and are glad they are so well taken care of in the facility.



LORRAINE (SPILDE) and SHELDON CARLSON were married Oct. 22, 1955, at Eidsvold Lutheran Church, Halma.

THE CARLSON FAMILY, left to right, Carley, Lorraine, Cindy, Sheldon, Jeanne, Dan and Jim.

Resident Birthdays

JANUARY

- 3Melba Younggren
- 4Sherril Zempel
- 9Marie V. Erlandson
- 14.....Ronald Hanson
- 15Mona Fertig
- 19.....Byron Olsen

FEBRUARY

- 6.....Verna Christensen
- 6.....EveIn M. Gallagher
- 24.....Lois Pankratz

MARCH

- 3Ebba Sandberg
- 10.....Marlys Thorson
- 16.....Lorraine Carlson
- 16.....Charles Younggren
- 19.....Janice Anderson
- 22.....Eileen Totleben
- 28Betty Lindberg

APRIL

- 2Darlene Carlson
- 3.....Marjorie Johnson
- 4Velva Larter
- 7Elaine Olson
- 9Audella Stamnes
- 15 ...Carl Sheldon Carlson
- 22Roger Lundberg



Letters From Home

Kittson Memorial Hospital Association
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Hallock, MN 56728

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Suicide Awareness and Prevention

Kittson Healthcare completed its Community Health Needs Assessment and Community Health Improvement plan this past September. This is a requirement by the IRS for all hospitals.

One of the areas of concern for our service area is suicide prevention. A couple of years ago, Kittson County had the highest suicide rate per capita in Minnesota. We have been averaging one suicide a year for the past 5-6 years.

Tim Denny of Level 5 Services made a sweep of Kittson County on Dec. 4 to provide education and awareness. Tim started at the Tri-County school in Karlstad and then proceeded to the Kittson Central for the presentation. Tim then did a session for the Kittson Central school staff. His next stop was at Kittson Healthcare to address practitioners and nursing staff. Tim completed his evening with a presentation at the Kittson Central School auditorium for the public.

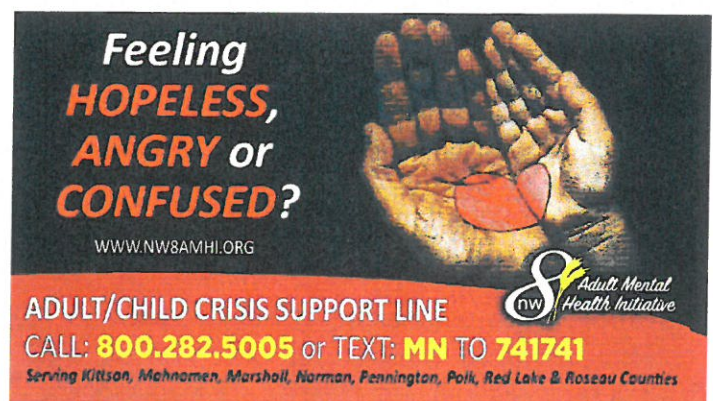
In Tim's presentations, the biggest point he wanted to make was that most people really do not want to end their lives. If we, as the public or as family members, suspect that someone is considering suicide, his advice is to ask them in plain language, "Are you thinking about suicide?"

There are many resources for mental health at

Kittson Healthcare. The counselors that come to our facility are employed by the Northwestern Mental Health Center in Crookston.

Appointments can be made by calling the Mental Health Center at 218-281-3940. Or talk with a practitioner at our facility and they can help coordinate your appointment.

We also have a Crisis Support Line available to us 24 hours a day/7 days a week. To access this Crisis Support Line, you can call 1-800-282-5505 or text "MN" to 741741.



**Feeling
HOPELESS,
ANGRY or
CONFUSED?**

WWW.NW8AMHI.ORG

ADULT/CHILD CRISIS SUPPORT LINE
CALL: **800.282.5005** or TEXT: **MN TO 741741**

Serving Kittson, Mahanomen, Marshall, Norman, Pennington, Polk, Red Lake & Roseau Counties

nw Adult Mental Health Initiative