



## Resident Feature: *Frances (Mathews) Anderson*

Frances (Mathews) Anderson was born Nov. 12, 1930, to Elna and Frank Mathews. She was the first of six children: Frances, Lloyd, Kenny, Lynden, DuWayne and Aimee. They lived in Kittson County, Missouri, Anoka and then back to Hallock.

Frances's brother, Lloyd, was two years younger and together, along with their dog, Trixie, went on many adventures. She remembers once when she was about 6 years old, they were exploring and some beautiful white flowers across a river.

They thought it would be wonderful to bring some flowers home to their mother. They found a log they could cross, picked some flowers and coming back across the log, they realized it was pretty scary and maybe a little dangerous.

Another fond memory is when she was in the third grade. The Mathews family was very musical and at a school program, her father was asked to come up and play his guitar and sing while her mother danced the Charleston.

While living in Anoka, her brother Kenny was born. He is 12 years younger than Frances and following Kenny were three more children. Frances left school while in Anoka as a sophomore and started working at Snyder's Drug Store in St. Paul. Frances returned to Hallock at the age of 17. Her parents and siblings moved to Oroville, Wash., while she remained in Hallock. She began working for Winnifred Edlund at the Woman's Shop.

Frances's friend, Marjorie (Haynes) Johnson introduced her to Leona (Anderson) Larson and a group of girls. The girls would get together to sew and visit, a group that remained together for many years. It was through Leona that Frances met Melvin, Leona's brother. Once, Leona had Melvin pick up the girls and drive them to Sewing Club.

Frances and Melvin were married Nov. 4, 1949. They moved into a small, cozy trailer in Hallock and a few days after, a group of friends surprised them with a shivaree. They lived in the trailer a short while before moving into a house in town.

In 1956, they moved to a farm where they lived until 1972 when they moved to another farm about a mile away. They lived in Thompson Township their whole married life, surrounded by family and life-long friends. The Two River bunch had many great times. Frances moved to town in 2017.



**MELVIN AND FRANCES ANDERSON were married Nov. 4, 1949. They raised five children in Thompson Township.**

Frances and Melvin raised five children: Elaine (Gary) Koop, Becky (Duane) Lyberg, Jean (Tom) Wilebski, Lee (Karen) and Roxanne (Terry) Ogorek; 12 grandchildren; and 11 great-grandchildren.

Raising five children on the farm meant Frances was surrounded by every farm animal you can think of. There were lots of horses! Many stories can be told about the Anderson kids and the horses. But then, Frances could tell many stories about the many other pets on the farm. She had three cats that kept her company for the past 20 years. Chloe, Calico and Tina were part of the family. Frances said she has had a very good life, not always easy, but a very good life.

Frances and Melvin did some traveling with their friends, Floyd and Norma Nelson. They traveled to Arkansas, Missouri and Wyoming. Frances's favorite trip was with Melvin when they drove to Oroville, Wash., to visit her family. They went through Canada and enjoyed the country and beautiful Lake Louise.

Frances worked in the laundry department at Kittson Memorial Hospital and Nursing Home from 1968 until 1980.

*Continued on Page 7*



## A note from the Activities Department

We have been hustling and bustling with activities this spring and summer, keeping our residents and families busy and engaged.

On April 20, we hosted our second annual Kittson Memorial Foundation Easter Egg Hunt. Children and families participated in the egg hunt, took pictures with the Easter bunny and enjoyed a snack and refreshment while visiting with our residents and staff.

We also had a few lucky winners who took home an Easter prize basket or a BIKE!

It was a joy to see all the smiles and hear the laughter coming from all the kids, families, residents and staff!

Shortly after the Easter Egg Hunt, we hosted our Prom Mini Grand March. It is always fun to see the young couples as they get dressed up and parade through the dining hall for our residents. Many of the residents have grandchildren, nieces/nephews, hospital employees who care for them daily, etc., whom they love to see at this event.

The young women were beautiful in their fancy dresses with hair and makeup complete and blingy accessories and flowers secured.

Likewise, the men were so handsome in their suit/tux ready for a night celebrating fun and friendship!

May 11 was our Annual Mother's Day Tea. This event featured Lois & Lois's special music and served a yummy quiche, mixed fruit and cheesecake.

The Mother's Day Tea kicked off a fun-filled week of activities in celebration of Nursing Home Week, May 11-17.

Midweek, the staff and resident picnic served up a delicious lunch of BBQ pork, beans, salads and all the picnic fixins'.

Spring also brought a variety of entertainment by musical groups and individuals, which were enjoyed by all. A couple of the area schools shared their students' talents as well.

The Kittson Central kindergarten and first grade classes performed a number of songs and Stephen-Ar-gyle shared their square dancers.

Both of these groups were so much fun to watch and listen to. The vibrant young people always light up the room with their excitement and energy.

At the end of May we paid tribute to all of our active and former veterans at our Memorial Day Program. This year our program speaker was Christopher Holm, airman first class, US Air Force based at McQuire AFB, New Jersey.

Finally, on June 15, the Kittson Healthcare Auxiliary hosted its annual Pie Social in our lower level dining room. There was a wide variety of scrumptious pies to choose from and many smiles were seen on residents' and visitors' faces while visiting over pie and coffee.

A great big THANK YOU to all who come visit, vol-



**HARRIS AND EVELYN MORTENSON** enjoyed visiting with young students after they performed songs.



**BEA BAHR**, left, enjoyed the Mother's Day Tea with her daughter-in-law, **JUDY BAHR**.



**ELAINE OLSON**, right, pictured with her granddaughter **Addison Olson** and her date, **Avery Augustson**.

unteer, and perform as we all enjoy each and every activity we offer.

**Jimann Cozen**, activities director





**BETTY LINDBERG** is pictured with her great-granddaughter, Nora Sobolik. In the background are Grandma Jane Sobolik with grandson Doug Diamond.



**JIM BURTON** DECKED OUT in his best tuxedo shirt, ready to greet high school students for the prom mini-grand march.



**ABOVE: MORGAN OLSON** visits with her grandfather, resident **RICHARD OLSON**, after the prom mini-grand march in April. It has been a long-standing tradition for students from Kittson Central, and their dates, to hold the event annually at the Kittson Healthcare Nursing Home.



**SHELDON AND LORRAINE CARLSON** acted as hosts during the 2019 Memorial Day Program held at the lower level nursing home. The speaker this year was Christopher Holm, an airman first class with the U.S. Air Force. He is from Hallock, but based in New Jersey.



**BELOW: EDDIE COZZEN** and **KRISTA OLSON** dressed up in western attire when a group of square dancers from Stephen-Argyle performed during Nursing Home Week.



## ADMINISTRATOR NOTES



Last spring, I had an article in Letters from Home regarding a new shingles vaccine, Shingrix.

Shingrix had just been approved for use by the FDA. Shingrix is recommended for everyone over the age of 50. It is used to prevent shingles, a painful, blistering disease that can occur in individuals who have had chicken pox.

Shingrix replaces Zostavax as the vaccination that helps prevent shingles disease. Zostavax was about 50 percent effective in preventing shingles. Shingrix is 90 percent effective.

Contrary to Zostavax, which was a one-dose vaccination, Shingrix is a two-shot series. These doses need to be administered two to six months apart. The second dose is very important to provide long-term protection from shingles.

Side effects of this new vaccine include soreness, redness and swelling where the shot is given. There may also be headaches, fatigue or feeling achy after the shot. These side effects are temporary and usually last two to three days.

The Centers for Disease Control (CDC) recommends that you get the Shingrix shot, even if you have received Zostavax. Even if you have had shingles disease, you

should receive Shingrix to prevent a reoccurrence of shingles.

Shingrix is a live virus vaccine and the CDC hasn't determined if individuals with weak immune systems should receive the vaccine. This is not because it would hurt the individual, but because their immune system may make the benefits of the vaccine less effective.

Medicare does NOT cover the cost of this vaccine. Individuals are recommended to check with their insurance to see if they are covering the cost of this vaccine. Private insurance and Medicare Supplements may pay for the vaccine.

As the clinics administer this new vaccination, they are noting an increase in local reactions with redness and swelling at the site of injection.

Because this vaccine is in such high demand, the clinics have started waiting lists and are vaccinating individuals as the vaccine comes in to the facilities.

We are hopeful that production catches up with demand soon and we are able to vaccinate on a regular basis.

If you haven't received this vaccination yet, please contact the clinic and get your name on the waiting list.

**Cindy Urbaniak,**  
nursing home administrator



## What you need to know about antibiotics in a nursing home

### ***What are antibiotics?***

Antibiotics are drugs used to treat infections caused by bacteria. They do not work for illnesses caused by viruses, like flu and most cases of bronchitis.

### ***When are antibiotics necessary?***

There are times when antibiotics are urgently needed to treat illnesses such as sepsis, pneumonia caused by bacteria, and meningitis caused by bacteria.

Using antibiotics when they are not necessary increases the risk they will not work when needed most.

### ***Can taking antibiotics be harmful?***

Like any medications, they can have minor side effects like upset stomach or rash, serious allergic reactions or dangerous interactions with other medications.

Antibiotics can also put people at risk for a deadly type of diarrhea caused by *C. difficile*.

Frequent or excessive use of antibiotics leads to developing antibiotic-resistant bacteria, which are harder to kill and can cause untreatable infections.

A person can carry resistant bacteria without feeling sick.

### ***What is antibiotic stewardship?***

Antibiotic stewardship refers to a set of commitments and actions designed to make sure patients receive the right dose of the right medicine for the right amount of time – and only when truly necessary.

Improving antibiotic use will ensure these life-saving medications are effective and available when we need them.

### ***Why is improving antibiotic prescribing practices important for nursing homes?***

Nursing home residents have a higher risk of colonization (resistant bacteria) for many reasons.

The presence of invasive devices such as urinary catheters and feeding tubes, wounds and conditions that affect the bladder, like diabetes or stroke, can all lead to colonization.

Difficulties in separating colonization of bacteria from true illness in frail or older adults can lead to overuse of antibiotics, which in turn drives antibiotic resistance.

***Continued on Page 5***



## FOUNDATION NEWS

### HAPPY SUMMER!

Greetings and Happy Summer!

The Kittson Memorial Foundation sponsored an Easter Egg Hunt on April 20 for many children, parents and grandparents at Kittson Healthcare.

The nursing home residents greatly enjoyed watching the children scrambling around hunting for eggs, taking photos with the Easter Bunny and winning a number of door prizes from area merchants.

Our 13th Annual "Score Fore" golf tournament fundraiser was held on July 11 at the Two River Golf Course in Hallock. We had 116 golfers and the winning team was State Farm sponsored by Coach Bob Carlson. Team members include Nick Anderson, Jeff Westberg, Ryan Anderson and JP Pearson. Proceeds will go toward cardiac rehab equipment.

Please keep the Kittson Memorial Foundation in mind when considering a donation, memorial or a gift in honor of a loved one.

All donations go to help secure the future of Kittson Healthcare, the "health care gem" in our area.

We are here to provide you AND your family with outstanding healthcare 24 hours per day, seven days a week.

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**

## AUXILIARY NEWS

### AUXILIARY ELECTS 2019 OFFICERS

We had our first 2019 Auxiliary meeting on April 11 to elect officers and plan our fundraising projects for the upcoming year.

Officers elected:

President Pam Taie

Vice President Jan Koskela

Secretary Geri Alper

Treasurer Jeanne Laude

The board discussed some different events. We voted to have a 50/50 ticket raffle for the Kittson County Fair instead of selling tickets. There will be more information about this event in the paper.

There are other events that we are looking at implementing.

The Christmas Flea Market will be held again in November but a definite day wasn't set.

Items the Auxiliary have purchase recently were:

- Recliners for the hospital and the Assisted Living;
- Bedspreads for the lower level nursing home;
- Sound system for the upper level nursing home;
- Serving utensils for the nursing homes; and
- Half the cost for a recumbent bike for cardiac therapy.

ap.

Please watch local papers for more information for upcoming events.

If you are interested in joining the Auxiliary, please contact Pam Taie or any other board member. The membership cost is \$2 yearly.

The funds that we raise help purchase items for the hospital, nursing homes, assisted living and ambulance.

~ **Pam Taie, Auxiliary president**

### **What can I do to improve use of antibiotics and prevent the spread of germs?**

• Be informed about how your nursing home stops the spread of germs among residents and works to improve antibiotic prescribing practices.

• Protect yourself by getting vaccines for flu and pneumonia and encourage others around you to do the same.

• Avoid visiting when you feel ill to protect residents from germs, which may be spread in the community.

• Insist nursing home staff and visitors always clean their hands before touching or caring for your wound or catheter.

• Know what else you can do to prevent the spread of germs, such as covering your cough.

Nursing homes can improve antibiotic stewardship by following certain guidelines such as:

• Identify leaders responsible for promoting and overseeing stewardship activities in the facility.

• Establish access to individuals with experience or training in improving antibiotic use.

• Measure how antibiotics are used and the complications from antibiotics in the facility.

• Provide resources to healthcare providers, nursing staff, residents and families to learn about antibiotic resistance and opportunities for improving use.

• Share information with healthcare providers antibiotics are used in the facility.

• Demonstrate support and commitment to safe use.

– Information from Centers for Disease Control and Prevention



# CLERGY SCHEDULE

## July

- 14 .....Kennedy Covenant, Kennedy
- 21 .....Chad Larson, Assembly of God, Hallock
- 28 .....Frank Johnson, Grace/Red River, Hallock

## August

- 4 .....Galen Nordin, Lancaster Covenant, Lancaster
- 11 .....Mike Schendel, First Lutheran, Stephen
- 18 .....David Sorrel, United Methodist, Drayton
- 25 .....Trinity Lutheran, Hallock

## September

- 1 .....Marge Landwehr, First Presbyterian, Hallock
- 8 .....Wes Staie, Lake Bronson Covenant, Lake Bronson
- 15 .....Kathy Levenhagen, Maria/Zion/Sion Lutheran, Kennedy, Lake Bronson, Lancaster
- 22 .....Kennedy Covenant, Kennedy
- 29 .....Chad Larson, Assembly of God, Hallock

## October

- 6 .....Frank Johnson, Grace/Red River, Hallock
- 13 .....Galen Nordin, Lancaster Covenant, Lancaster
- 20 .....Mike Schendel, First Lutheran, Stephen
- 27 .....David Sorrel, United Methodist, Drayton

## November

- 3 .....Trinity Lutheran, Hallock
- 10 .....Marge Landwehr, First Presbyterian, Hallock
- 17 .....Wes Staie, Lake Bronson Covenant, Lake Bronson
- 24 .....Kathy Levenhagen, Maria/Zion/Sion Lutheran, Kennedy, Lake Bronson, Lancaster

## December

- 1 .....Kennedy Covenant, Kennedy
- 8 .....Chad Larson, Assembly of God, Hallock
- 15 .....Frank Johnson, Grace/Red River, Hallock
- 22 .....Mike Schendel, First Lutheran, Stephen
- 29 .....David Sorrel, United Methodist, Drayton

# WOMEN'S CHURCH GROUPS

## July

- 11 .....Birthday of the Month - 2:00 p.m.  
Skjeberg Lutheran Church

## August

- 7 .....Birthday of the Month - 2:00 p.m.  
Kennedy Covenant Church
- 21 .....Grace Lutheran Church - 2:00 p.m.

## September

- 4 .....Birthday of the Month - 2:00 p.m.  
Holy Rosary Catholic Church
- 18 .....United Methodist Church - 2:00 p.m.

## October

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

## November

- 6 .....Birthday of the Month - 7:00 p.m.  
Lancaster Covenant Church

## December

- 4 .....Birthday of the Month - 2:00 p.m.  
St. Patrick's Catholic Church

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

# ADMITS • DISCHARGES • IN MEMORY

### Admits

- Marceill Hughes
- Harvey Riendeau
- Ivan Hicks
- Judi Spilde
- Peter Sinclair
- Luverne Kiene
- Marian Johnson
- Mona Fertig
- Mona Hotten
- Thomas Hughes
- Carol Keena
- James Larson

### Admits cont.

- James Tillbery
- Lora Tillbery
- Rene Erickson
- Marilyn Gatheridge
- Harry Martin
- James Burton
- Marilyn Carlson
- Beatrice Bahr
- Morris Blackberg

### Discharges

- Robert Peterson
- Gerda Hams
- David Kaul
- Janice Hanson
- James Burton
- Mona Hotten
- Marilyn Gatheridge
- Carol Keena
- Marilyn Carlson

### In Memory of

- John Carpenter
- Jeanette Johnson
- Marlyce Peterson
- Rose Younggren
- Jerry Lindegard
- Marceill Hughes
- Marion Johnson
- Adeline Grahn
- Luverne Kiene
- Margaret Sandberg
- Pamela Anderson
- Marjorie Nelson
- Morris Blackberg





She enjoyed oil painting, crocheting and embroidering. She is a member of Grace Lutheran Church, she enjoyed many years with the Two River

Homemakers Club and with her Sewing Club. The bond still remains with the ladies from these clubs; you will see them gathering for birthdays in the dining room!



**FRANCES ANDERSON** at the age of 17 in front of the Woman's Shop in Hallock, Minn.



**FRANCIS ANDERSON**, center, enjoys the 2019 Mother's Day Tea event with her daughters, Roxanne Ogorek, left, and Betty Lyberg.



**FRANCES ANDERSON**, center, is pictured with her husband, Melvin (right of Frances), and their family.



# Letters From Home

Kittson Memorial Hospital Association  
1010 South Birch, Box 700  
Hallock, MN 56728

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## Resident Birthdays

### APRIL

2 .....Darlene Carlson  
3 .....Marjorie A. Johnson  
4 .....Velva M. Larter  
7 .....L. Elaine Olson  
9 .....Audella M. Stamnes  
15 .....Carl S. Carlson  
22 .....Roger G. Lundberg

### MAY

1 .....Diana Webster  
4 .....Gerda P. Hams  
Harvey J. Riendeau  
6 .....Elaine E. Nordling  
19 .....Vera J. Loer  
24 .....Leonard F. Carlson

### JUNE

13 .....Lois Pantzer

### AUGUST

11 Brian T. Sele  
Margaret A. Swenson  
30 .....Harris E. Mortenson

### SEPTEMBER

5 .....Lila L. Henum  
8 .....Harriet Docken  
15 .....James A. Burton  
16 .....Evelyn Mortenson  
Luverne Kain  
28 .....Peter M. Sinclair  
30 .....Catherine Klegstad

### OCTOBER

7 .....John Money  
27 .....Anna Stromgren

### NOVEMBER

12 .....Frances Anderson  
21 .....Marjorie Nelson  
Pauline Christopherson  
28 .....Eleanor V. Kraska  
Peter J. Olson  
30 .....Richard Olson

### DECEMBER

14 .....Ivan Hicks  
25 .....Stephen Walukievicz

