

Letters From Home NEWSLETTER

March 2021



Welcome Amber Deere, PMHNP-BC to our team!

Amber states "I am a Kittson County native, born, raised and am currently living in rural Lancaster, MN with my husband and four children. I am so excited to be back in the facility where my healthcare career began as a Certified Nursing Assistant. Throughout my years in healthcare, I noticed there was a need for better access to mental healthcare in rural areas. My goal is to help people achieve a high quality of life that is fulfilling for them and reducing the stigma associated with mental illness. My role is to evaluate, diagnose and treat psychiatric conditions in patients ages 6 and older. My approach is holistic, individualized care based on each person's unique needs. I believe that knowledge is power and it is important to me that my clients are educated in all areas of their treatment plan, from medications to healthy lifestyle choices."

Mental health services include but not limited to:

ADHD/Autism * Anxiety Disorders * Sleep Disorders
Personality Disorders * Bipolar Disorder * Dementia
Schizophrenia * Depression * Eating Disorders

Appointments being taken Monday - Friday at our Hallock and Karlstad locations.

To schedule an appointment call:

Hallock Clinic Reception: 218-843-2165
Karlstad Clinic Reception: 218-436-2251



COVID-19 VACCINE IS HERE!

Healthcare Providers receive first round of vaccine

COVID-19 vaccine began arriving at Kittson Healthcare on Monday, December 28th. Healthcare workers were prioritized to receive vaccine as they are exposed to patients and residents. Eighty-five doses of vaccine were administered in the first round of vaccination. Kittson Healthcare in cooperation with Public Health continue to receive and administer vaccine to the priority groups as outlined by Minnesota Department of Health. We encourage county residents to monitor the facility Facebook page and the county info line at 218-843-8888 for the most up-to-date information about vaccine availability in Kittson County. County residents are encouraged to get vaccinated wherever they are offered vaccine. Even if you have been vaccinated, had COVID infection or both, you are still encouraged to wear a mask in public settings, wash your hands frequently, stay home if you are sick and social distance from others outside your household. We are all in this together to stop the spread of COVID-19 in our communities.

CEO Update *Gabriel Mooney*



This past year was like no other and all have been affected. I am happy and proud to say that we are continuing to improve our organization to best serve your healthcare needs. I have had the opportunity to be here since mid summer 2020 and am very impressed with the pride and ownership of the employees at Kittson Healthcare. Staff truly take it to heart in serving their neighbors, friends, family and those who are in need. Kittson Healthcare feels it is an honor and privilege to serve our local communities healthcare needs. Looking into the future, I am excited to continue and build off it to help meet the healthcare needs of our communities.

COVID has made connecting with the community more difficult but we have worked in ways to communicate to you via social media, local newspapers and through members of the Kittson Healthcare team who are involved and living in most of our service areas. Our Letters From Home newsletter is another way we want to help keep all of you informed about our organization. Newsletters are sent throughout the year to make you aware of the additions, changes, and exciting things that are happening at Kittson Healthcare. We have some exciting additions to our services that are shown to be a need in our service area. We want you all to see different areas of our organization and be aware of the services we have here close to home to take care of you and your loved ones. We work hard to bring care to you in your communities. I hope you are able to learn more about what we do and the services we provide, read about the highlights in the recent months and find enjoyment from reading our newsletter. We look forward to continuing to serve all of you.



Kittson Healthcare purchases a new ambulance and electronic lift



We have purchased a 2011 4X4 gas powered rig that has been great to use during these winter months (above) as well as an electronic lift similar to the one pictured (right) for the new unit. Lee Pemberton, EMS veteran since 1999 states "the lifts are extremely helpful in placing patients smoothly into the back of the ambulance." The new lift is anticipated to arrive before the end of February. The ambulance makes an average of approximately 200 runs/transfers per year and Lee stated that he himself made 16 runs in January 2021. We want to thank all who have forwarded donations to assist with the purchase of such vital pieces of equipment for a necessary service in Kittson County and surrounding communities.



New email or mailing
address??
Contact Becky at
218-843-3612 EXT 200 or
rebekah.coffield@kmhc.net
to update

Have you seen???

Updated facility signs



Kittson Memorial Foundation

Completes Sign Project this Winter

Updated facility signs welcome all who enter, our patients, staff and visitors! In 2018 Kittson Memorial Foundation provided funding assistance for the updating of the facility signs at the Hallock and Karlstad facilities and in 2021 we were finally able to wrap up the sign project. The Kittson Healthcare sign east off of Hwy 75 was resurfaced, poles painted, solar lights hung and a planter box built at its base (top left). Next, a new sign welcomes patients and families to the Karlstad Clinic building (top right) and the sidewalk sign directing patients and families into the north nursing home entrance in Hallock was resurfaced on both sides and the planter box refinished (bottom left). It will look even more colorful this summer full of blooming flowers.



Check out the new signs today!



New Donor Wall hung in Upper Level
across from elevator

Nursing Home Nuggets

Daily doings and updates



Mona Fertig's (top right) passion is for puzzles as Diana Webster (middle left) loves a challenging word search and Maxine Sjostrand (middle right) enjoys coloring!



Community Christmas gifts delivered - Thank you to all who organized, donated, shopped and delivered Christmas gifts to each of our nursing home residents. Your thoughtfulness is truly appreciated and warmed their hearts (pictured below).

New Year's Eve Celebration - Residents wore crowns and tooted horns to celebrate the coming of 2021.

Brews & Tattoos - Residents were treated with a root beer, beer or other beverage and temporary tattoos for Friday night fun!



Santa's helpers that delivered Christmas gifts for our nursing home residents



Marjorie Johnson
celebrates the
New Year

Happy New Year!



Lila Hennum
enjoys afternoon
snacks



Eleanor Kraska (left) and
Angie Adamski (right)
enjoy their temporary
tattoos



To reach a loved one in the nursing home:
Upper Level Portable: 218-843-2525
Lower Level Portable: 218-843-2253
Lower Level Nurses Station: 218-843-2208

Resident Feature

Ernie & Catherine Klegstad



"without hesitation she said 'yes'"

Ernie Klegstad was born Thursday, August 2, 1928 on a farmstead near Halma, MN, with the help of his grandma. The doctor traveling by horse and buggy from Karlstad didn't arrive in time. He has two younger siblings, a brother and a sister.

Ernie went to school in Hallock, but left before high school to find a job. At 15, he started working for Leo Carrigan at the local bakery - he still has recipes for some of the sweet treats he made there. He became lifelong friends with Leo's son, Jim, and has many stories to tell about their friendship, including the days spent at the Hallock swimming hole and dam (where they saved a fellow swimmer from drowning) and the skinny dipping area about a block south of the dam (behind the green of the eighth hole).

Ernie lived with his mom and stepdad in the old courthouse in the living quarters on the lower level. His parents were role models for their son, showing him by example how to be outstanding custodians of a public building.

Catherine was born Friday, September 30, 1927 in Pembina, ND. The third of twelve children, she had eight sisters and three brothers. Today, she is one of six surviving sisters. Their farmhouse had three tiny bedrooms on the main floor and a large attic where the sisters slept. It was cold and frosty in the winter, and if your bed was too close to the wall, there was a good chance that your blankets would freeze to it. The room's only warmth: a pipe from the wood-burning kitchen stove that ran through the attic to the roof.

Continued...

Catherine was valedictorian of her 8th grade class in Pembina. At that time her parents needed help financially, so she quit school and found a job at the local grocery store. It was here that she learned the skills of bookkeeping and banking duties and tells of running the mile home after dark, afraid someone would follow her because she was trusted to carry a money pouch home every night.

Catherine and Ernie met in a Hallock restaurant. Ernie regularly met two friends there for a meal, and Catherine ate there frequently with two of her friends. The six of them soon started talking, which then led to eating together. Eventually, the three men married the three women! The three couples socialized often, and since no one had a car to go anywhere they usually gathered at the courthouse. The building had lots of stairways and before the evenings ended, each couple found their own stairway for some alone time. This is where Ernie proposed to Catherine. He says that "without hesitation she said 'yes'."

They married on Saturday, October 18, 1948, and have celebrated 72 wedding anniversaries. They have eight children (Merietta, Mike, Tom, Yvonne, Cathy, Robert, Debbie, and Keith), 21 grandchildren and 17 great grandchildren. They are devoted and active members of St. Patrick's Catholic Church and in 2013 were honored with the Bishop's award for a lifetime of selfless giving to benefit others with no expectation of recognition, reward or acknowledgement.

Continued

For 43 years Ernie exemplified hard work and meticulous care for the grade school building. In 1952 when accepting what he defined as his "excitement and good fortune of finding a lifetime job" his goal was to maintain the building in top working condition until he retired. And he did just that. The children who attended school were important to him, and he got to know them all. When they grew up and sent the next generation of kids to school there, he got to know them too. He often called some by their parent's names, which made them laugh.

He also maintained the curling club building, including the grounds in the summer and the ice in the winter. Need someone to take care of a building? He's the guy.

Before having children, Catherine worked as a nurses aide at the Hallock Hospital, working right up to the due date of their firstborn. While home with the kids, she was a bookkeeper for Melin's grocery store, conveniently located across the alley from their house. In 1968, she went to work as a nurses aide at the Hallock Nursing Home staying there for several years before taking a job at the Farmer's Store. She went back to the nursing home in 1984, tenderly caring for those in need before retiring in 1988.



Ernie and Catherine enjoyed their big, beautiful vegetable and flower gardens. Peas were a favorite of every kid and grandkid - they picked and ate them right off the vine. Garden vegetables were eaten all winter thanks to freezing and canning in the fall. Catherine always grew her favorite flower, the Sweet Pea, on a special trellis Ernie made for her. Many of the perennials that filled their garden now grow in their children's gardens.

Traditional foods from their childhoods were a favorite, especially at family gatherings. They passed down the love of Norwegian lutefisk (well, maybe not loved by all!), milk dumplings, lefse, and krumkaka, and the Ukrainian delicacies of pedaheh, holubtsi, borscht, and Little Horns (nut roll cookies).

They enjoyed piling the kids in the car to see relatives on the weekend or joining Ernie's parents at the one-room cabin in Lake Bronson. Often they took a picnic meal to the state park. They have taken a few other fun trips too, including sightseeing motor home trip out west to visit brothers in Washington and California, a curling event in British Columbia and a few days in Las Vegas. However, nothing means more than family visits at home or a drive around Hallock or Kittson County. Catherine always kept a handwritten note ready to tack to the window of the back door that read, "Gone for a ride around town. Be back soon."

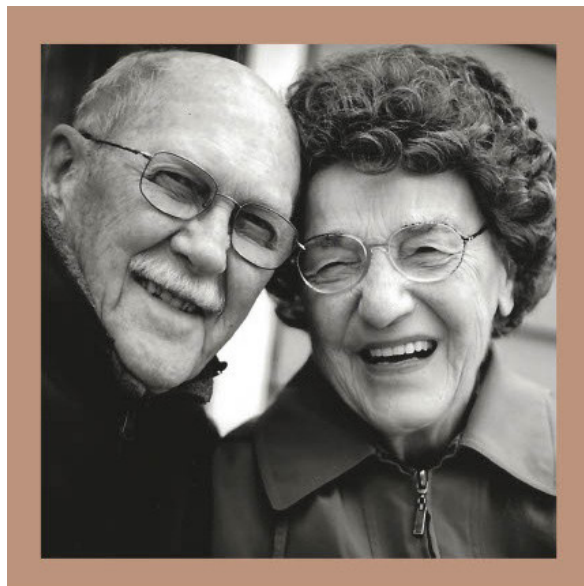
They had years of fun curling on mixed, men's and women's leagues. Catherine's most memorable curling event is from 1981 when she was invited to join the Hallock women's team traveling to Duluth to compete against a team from Scotland. Ernie still enjoys a round of golf and league play partnered with his youngest son.

Catherine has shared her handiwork with many, as countless dishes are dried with her hand embroidered dish towels, end tables are decorated with her crocheted doilies, Christmas trees are adorned with special ornaments, and family babies have been baptized in her knitted or crocheted gowns.

Ernie's handiwork was everywhere in school and at home. He made custom cabinets for the janitor's workroom, skillfully cared for the old wood floors, and kept the boilers in tiptop shape to keep everyone warm. Attention to detail was paramount for the longevity of the building.



Ernie and Catherine forever surrounded by love and family



Ernie also has a gift of memory. If you need a story or just want to take a trip around town, his memory can take you around every corner, down every street, in every year.

At home he finished the back entry and two bedroom that were added in the early 1960's. He installed a split hanging rod closet organizing system to optimize storage - who else had anything other than a single clothes rod in their closet back then?! In a corner of the back entry/hallway he built a storage cabinet that eventually turned into the "cookie corner." There were always containers of bars and cookies for anyone who visited. And if you were visiting from out of town, you always left with a generous amount of treats for the road.

Since the summer of 2018, Ernie has lived in an assisted living apartment and Catherine has been a resident of the nursing home.

Throughout their years together they have dedicated their lives to hard work, appreciation of friends, the treasure of family and love of God. We were saddened by Catherine's passing on December 20, 2020 at the age of 93. We dedicate this edition of Letters From Home in her memory.

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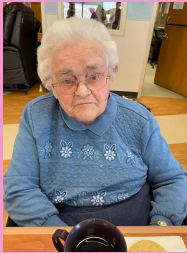
LIGHTS OF LOVE



Together we will light up our Nursing Home trees recognizing each name being honored on the tree. Each light and ornament will honor an individual, family, group or organization. Individuals may choose to celebrate the birth of a child, show sympathy upon the death of a loved one, in honor or memory of a friend, family member, neighbor or coworker or just to let others know you are thinking of them by designating a Light of Love.



Above: Electric Comfort Fit Shampoo Bowl



Velva Larter (top) and Diana Webster (right) enjoy coffee after a recent visit to our beauty salon.

Residents were excited to be able to get their hair done and/or cut once again.



All donations for the Lights of Love will be used towards the purchase of an Electric Comfort Fit Shampoo Bowl and necessary renovations for our beauty salon. Such a shampoo bowl allows residents to stay comfortably in their wheelchair during the entire salon visit, which means less stress for memory care residents and less pain for those with physical afflictions. Designed to allow superior access for residents in wheelchairs, this system minimizes chances of water spilling onto residents or the floor, enhancing comfort and safety.

Lights of Love Options



Single Light \$5.00

Multiple Lights \$10.00

Snowflake Ornament \$25.00

Heart Ornament \$50.00

(Circle one or more)

In Honor of: _____

In Memory of: _____

To purchase a Light of Love, please clip and complete box above and drop off or mail with donation to PO Box 700, Hallock, MN 56728. Our Lights of Love campaign will end on 3/31/21. Any questions, please contact Becky at 218-843-3612 EXT 200 or rebekah.coffield@kmhc.net

Kittson Healthcare delivers as administration, department managers and employees take their turn



Each January, the Hallock Senior Citizens Center "The Station" counts on us to deliver LSS Meals on Wheels to the communities residents. We have volunteered to deliver meals for a number of years and appreciate the opportunity to serve the residents of our local community. They are so very appreciative of receiving the warm meal and we are excited to be out within the community staying connected and helping wherever we can. Gabe Mooney, CEO states "this was my first year delivering and it was a great opportunity to meet members in our community while providing a need they depend on in their home."



Amber Deere-PMHNP-BC
Hallock & Karlstad Clinics



Meet our Providers



No matter what stage of life you're in, your health is Kittson Healthcare's top priority. You're more than patients – you're our neighbors, our family, our people. We'll fight for you and never stop advocating for you. Let's strive to live fuller, healthier and happier lives together.

What is a primary care provider and why is it important to have one?

A primary care provider (PCP) is a provider that you have chosen to play a key role in the management of your health and medical care. They become a trusted, reliable partner and with regular visits may help you maintain better overall health and wellness. Ideally, you would see your PCP not only when unexpected health issues come up such as the flu or a sore throat but also for routine and preventative healthcare.



Amanda Pinnock-FNP
Hallock & Karlstad Clinics



Julie Johnson-CFNP
Hallock Clinic/Limited Karlstad

A primary care provider is in the unique position to get familiar with you and your health history ensuring you receive optimal care throughout the lifespan. You have the opportunity to develop a trusting relationship which affords you the opportunity to discuss private medical concerns. The better your provider knows you and the more acquainted with your health, the easier it is for them to catch diseases earlier. When your provider knows you and your health history, it also makes appointments faster and more efficient as you don't have to explain the same things over and over at every appointment.

Seeing the same provider also gives you the benefit of continuity of care. They become more familiar with you and your health and are able to see how different problems may influence one another. In addition, with the increasing complexity of today's healthcare systems, a primary care provider can guide your healthcare and help coordinate specialty care when it's needed.

The list of services a primary care provider can provide is extensive. Some such services are listed here:

- Acute care including colds, sore throats, fever or cough
- Evaluation of injuries such as back pain, sprains or other injuries
- Medication management
- Chronic condition management such as high cholesterol, asthma, diabetes or high blood pressure
- Preventative and routine health exams such as annual physicals or well child exams
- Treatment of mild to moderate mental health conditions such as anxiety and depression
- Discuss treatment options and make recommendations for the most appropriate care



James Surdy-MD
Hallock Clinic



Karrah Oliver-PA-C
Karlstad Clinic



Karen Warner-PA-C
Hallock Clinic





Super Supporters

Donors who have given from January 1-February 28



Eleanor Kraska in memory of Philip & Marlyce Peterson, and Judi Spilde
 Keith & Cindy Urbaniak in memory of Peter & Delores Sinclair and Stanley & Florence Urbaniak
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 Vickie Dahl in memory of Marvin Hallberg, Byron Dahl and Betsey Dahl
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 Charles & Patti Swanson in honor of Lila Hennum, Kittson County Hospice Volunteers and in memory of Philip & Marlyce Peterson and Janice Hanson
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 Becky Lyberg in honor of Frances Anderson
 Dwayne & Julie Kraska in honor of Eleanor Kraska and in memory of Stanley Kraska
 Eddie & Jimann Cozzen in memory of Robert Cozzen and Blake Asher
 Gary & Elaine Koop in honor of Frances Anderson
 Diane Younggren in honor of Bonita Hanson and in memory of Larry Younggren, Rose Younggren and Darryl Younggren
 Debbi Carlson in memory of Sam & Jean Lileks
 Pam Taie & Housekeeping Dept. in memory of all nursing home residents lost due to COVID
 Joe & Peggy Wilebski in memory of Helen Nordin and Victoria Wilebski
 Randy & Gloria Cedergren in honor of their grandchildren
 Bonnie Peterson in memory of Leo & Donafae Anderson
 Stacy Diamond in memory of Beverly Hughes and Tom Hughes
 Karen Olson in memory of Sherrill Zempel
 Elden & Eileen Johnson in honor of Mikah Kennedy Sprout and Penelope Josephine Sprout
 Janice Younggren in memory of Anne Erickson, Nora Swenson, Svea Glad, Anna Younggren and Joyce Mattson
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 Ruth Hennen in memory of Kenny Hennen, Michelle Hennen and Kathryn Nieren Hausen
 Marge Peterson in memory of Reta Hord
 Harris & Maxine Johnson in memory of Oscar & Alvina Gullander, Harry & Lillian Johnson and Craig Johnson
 Lynn Mattson in memory of Victor & Lucille Johnson and Glen, Verna & Lue Mattson
 Diana, Dale, Judy, Keith Webster & June Anderson in memory of Moris Webster
 Mary Barron, Val LeClair, Korrine Johnson in memory of Ken & Ann Dew
 Rebekah Coffield in honor of Taylor, Jeni, Stef, Dietary & Mtn Depts. and in memory of Paul & Gladys Bernstrom, Charles & Margaret Metzroth and Karen Vold
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Letters From Home

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

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Services Directory

- Hospital Inpatient Services/Swing Bed Services
- Outpatient infusions and injections
- 24/7 Emergency and Ambulance Services
- Primary Care Clinics in Hallock, MN and Karlstad, MN
- Laboratory and Imaging Services - X-Ray, CT, Bone Density, Nuclear Medicine, MRI, Mammography and Ultrasounds
- Nursing Home/Skilled Nursing Care and a separate Memory Care Unit
- Assisted Living facility with 24/7 Emergency care access
- Retail Pharmacy on site in Hallock, MN
- Cardiac Rehab
- Mental Health Services
- Home Health
- Public & School Health
- Sleep Studies
- Therapy - Physical, Occupational & Speech Services
- Outpatient services - Cardiology, Dermatology, Orthopedics, Ophthalmology, Podiatry, Endoscopy
- Kittson County Hospice Office

Hospital: 218-843-3612
Kittson Pharmacy: 218-843-3896
Hallock Clinic: 218-843-2165
1010 S Birch Ave., Hallock, MN 56728

Karlstad Clinic: 218-436-2251
205 Roosevelt Ave., Karlstad, MN 56732



Connect with us online



www.kittsonhc.org



Kittson Memorial
Healthcare Center

Letters From Home

Kittson Memorial Hospital Association
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