

Letters From Home NEWSLETTER

September 2021



Congratulations to Cindy on her retirement!

We want to wish Cindy Urbaniak a huge congratulations on her recent retirement after working at Kittson Healthcare for 39+ years. We have already convinced her to come back this fall to continue the annual tradition of making lefse with our nursing home residents! Jeanna Kujava, RN, PHN will be filling the role of Public and School Health Director for the organization.



Cindy retired her position on July 9th

15th Annual "Score Fore" Golf Tourney a success!



Congratulations to the Crop Insurance Associates team for taking top honors and to all our participating golfers!

Thank you to the 110 golfers who participated in this year's tournament in Hallock and Lancaster. It was a perfect day for golf! Winners of the 1st Flight were:
1st Place - Crop Insurance Associates
2nd Place - Langen/Hauert team
3rd Place - Northwestern Mutual

Winner of the 50/50 drawing for a total of \$365 - Melissa Casper
Winner of \$500 Sportsman's Lodge package - Kyle Langen

Proceeds from this year's golf tournament are going to purchase a walk in tub for our hospital patients.



CEO Update Gabriel Mooney



This summer has seemed a bit more normal which is a welcomed change. What is ahead is unknown but we will prepare for what is ahead as we find out more in the coming months. Either way our mission stays the same. "Caring for family and friends, Kittson Healthcare collaborates with others to ensure area residents have access to services necessary to maintain their health and well-being." This being said, I hope this newsletter helps to make you aware of what we offer both inside and outside our walls. I hope you can see many of the recent happenings here at Kittson Healthcare. From the nursing home, new services, community events, and emergency preparedness drills. All of these happen with the goal in mind to provide great care to everyone who needs us.

I have had the privilege to work alongside Cindy Urbaniak for over a year. Not surprisingly, she was my first contact with the organization and she left a positive impression. Kittson Healthcare has been honored to have Cindy helping to lead and care for patients for over 35 years! She has made a strong impact on the organization, our patients, and staff. She will be sadly missed but we are thankful for her years of service and wish her well in retirement. Thank you Cindy for the deeply caring acts for our patients, staff, community, and organization!

Whether farming or not, I, like most who grew up on a farm, look forward to harvest time. It brings an excitement and energy into the air. During this time, I wish all of you a plentiful and safe harvest season. ~ Gabe



Kittson Healthcare renovates the Beauty Salon



We are getting closer to completing renovations on the Beauty Salon here at Kittson Healthcare. We purchased and installed a new adjustable sink, vinyl flooring and baseboards, cabinetry, wall paint and decorative artwork. Currently, Nicole Mayland is providing salon services for our residents. The residents are overjoyed to be able to get their hair set, permed, and cut again on a regular basis. **Picture to the right:** Nicole Mayland with Dorothy Barber.

New email or mailing
address??

Contact Becky at
218-843-3612 EXT 200 or
rebekah.coffield@kmhc.net
to update

Did you know??

Updates from around the facility



Check out the decontamination suits and tent!



On June 21st we participated in an Emergency Preparedness drill along with the Hallock Fire Department and neighboring emergency units. This was an exhilarating practice drill that provided new insights in how best to care for our patients, staff and community members should we ever experience such a catastrophe. Kittson Healthcare staff acted swiftly to suit up, set up and prep for the area ambulances bringing in "practice patients."

NEW Monthly Visiting Practitioners



Amber Wibbels, Podiatrist

Call LifeCare at 218-463-4783

Gwen Horter, Registered Dietician

Call Kittson Healthcare Registration
at 218-843-3612

Mikhail Kirnus, Cardiology

Call Altru Cardiology scheduling at
701-780-6236 ❤️

Nursing Home Nuggets

Daily doings and updates



Flower and veggie planter boxes (top right) provide gardening opportunities for our residents. Franklin Carlson (middle left) finished transplanting a pretty pink flower and Maxine Sjostrand (middle right) loves to see the colorful flowers growing.



Greetings! We are so excited to share with you some of our latest activities. Beginning in the spring some of our Upper Level residents assisted staff with the planting of our flower pots and an assortment of vegetables. I think the best part of this veggie garden is that the residents enjoy eating all of the fresh produce. The beginning of May was National Nursing Home Week. Monday consisted of dressing up for Minnesota Day and a virtual tour of MN on the computer. Tuesday was America Day as everyone donned stars and stripes. Wednesday brought on Hunting Day as staff dressed in blaze orange or camo. CNA, Deb Carlson, dressed up as the 30 point buck and scurried through the evergreen trees in the dining room, ducking Nerf gun bullets as residents aimed for her. Thursday was Super Hero Day, staff dressed as super heroes and Incredible Hulk ice cream was served to all. Friday was Front Line Appreciation Day. All staff received a "Healthcare Hero" t-shirt to celebrate all our heroes. We are all excited to resume some of our regular group activities and family visiting. We hope this newsletter finds you safe & healthy. Until next time ~Krista Olson,

Activities Aide



Check out the new nursing home patio construction today! Located on the north side of our facility, this space will provide seating for residents to enjoy the beautiful outdoors.





Celebrating National Nursing Home Week!

**Kittson Healthcare
staff superpowers
include taking care
of our loved ones!**



**Eleanor Kraska & Krista Olson, Activities
Aide enjoy "hunting" with Nerf guns
during Nursing Home Week**



**Brian Hanson, CNA,
Eleanor Kraska & Angie Adamski**



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 Features

Franklin Carlson



Franklin came from a family with 9 children, there were 6 sons and 3 daughters. He was born and raised on the family farm in Kennedy, MN where his family had cattle and it was his chore to "do some milking" before school.

"I like visiting with people, I guess I'm a people person."

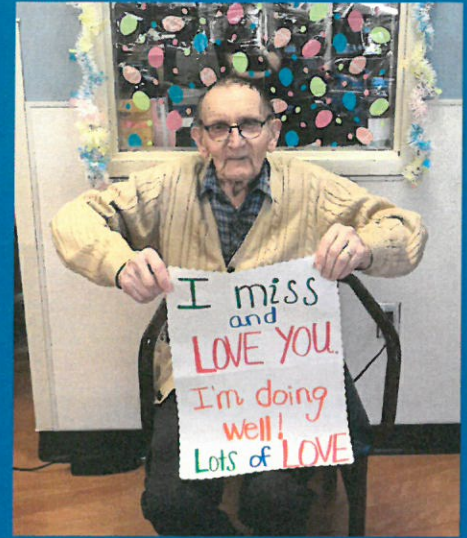


Franklin told us that he liked school and that sometimes his parents took him to school and other times he rode the bus. He remembers having pets (mostly cats and dogs) growing up on the farm. Franklin tells a story of when Mickey, the dog, saved his dad's life once when there was a bull chasing him. Mickey chased after the bull and saved his father!

Some memories Franklin recalled include some time in the service when they tried to teach him to swim, doing a little hunting with friends and when a friend shot a deer but he never got one! He also talked fondly of his first car - it was a black Ford.

When asked "If you could only eat one food for the rest of your life, what would you choose and why?" he replied "Steak, and I suppose I would also say pie, pumpkin pie with ice cream." He also added that he wasn't the cook.

Continued...



Franklin stated that his best friend was his brother, James, who passed from a car accident at the age of 14. He also said he had other friends at school but "he (James) was my closest friend."



What Kittson Healthcare staff love most about Franklin is: "he says good morning to staff & residents every day, he has a strong love for family, he is caring, friendly, always smiling and upbeat and most of all, he has a huge heart."



Karen Virginia Olson

Karen grew up in a 3 bedroom house in Karlstad, MN where they used a hand pump for water and a crock on the porch for a fridge. She was amazed with the invention of the telephone and enjoyed talking to her friends and grandmas and would listen in when party lines happened. She talks fondly of her grandfather, who lived in a big house in Halma, MN and worked in the forest.



She thought her father was a comedian as he had nicknames for everyone. Her mom was a teacher who made a little over \$3 a week. Her mother also did a great job of sewing and giving her and the neighbor girl haircuts.

Karen remembers her parents singing in church and the sound of her dad's deep base voice. She also recalls having fun riding bike, playing jacks and croquet (which she got for her 11th birthday).



Karen in 2nd Grade - 7 years old

Karen's first job was babysitting the boys across the street and her favorite job was working in the kitchen and as a Certified Nursing Assistant at the Karlstad Nursing Home. She is most proud of working at the nursing home and in other homes helping people. Karen said the most important lessons she has learned in life were to "not take (steal) from others and do not lie." Once when she was raking, she threw the rake down and it landed on a bucket with leaves and poked a hole in the bucket. She said she had to tell the neighbor it was her that put a hole in the bucket.

Staff agree Karen is "loving, giving, spiritual, and so proud of her family."

Some of Karen's favorites from days gone by:

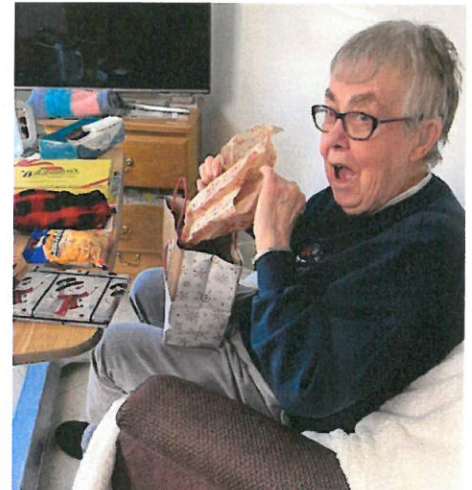
Movies: Shirley Temple, My Fair Lady and Annie

Food: Lefse - it's simple and she loves it

Best day: Family trip to Itasca State Park and crossing the beginning of the Mississippi River

Nickname: Her grandpa Olson called her "Kiki"

Life Advice: "to be sure where you are headed and where your soul is going - that you are going toward Christ"



Karen opening a Christmas surprise!

Additional ways to financially contribute:

Amazon Smile program - visit <https://smile.amazon.com/>

Designate Thrivent Choice Dollars - www.thrivent.com



1 Bedroom Apartment for rent at River's Edge Assisted Living - Must be 55 years of age or older. Call Jodee for more information at 218-843-3662.

STAY SAFE MN



COVID-19 VACCINE FACTS

The COVID-19 vaccine is free.

You can get the vaccine no matter if you have insurance or what your immigration status is.

The COVID-19 vaccine is safe.

It has gone through all the same safety steps of any other vaccine.

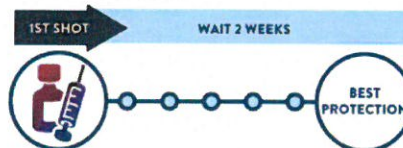
The COVID-19 vaccine works.

The vaccine is very good at protecting people from COVID-19 disease. It takes some time after your final shot to build up protection against COVID-19. The person giving you the vaccine will let you know if you need one or two doses. If you need two doses, it is important to get both doses for the best protection.

2-DOSE VACCINE



1-DOSE VACCINE



mn MINNESOTA

mn.gov/vaccine

Minnesota Department of Health | health.mn.gov | 651-201-5000 | 625 Robert Street, North PO Box 64975, St. Paul, MN 55164-0975
Contact health.communications@state.mn.us to request an alternate format. | 02/24/2021

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Community Connections

Kittson Healthcare has been out and about in our local communities. We hosted a COVID-19 vaccine booth on Friday and Saturday at Kick'N Up Kountry at Wagon Wheel Ridge in Karlstad, MN.



Right: Jeanna Kujava, RN, Ardell Larson, KUK Founder and Becky Coffield, Marketing



Kaitlyn Kraska, Lab and Taylor Lindegard, Business Office show their American spirit on Kittson Healthcare's parade float.

Kittson Healthcare represented their organization at the Heritage Days Parade in Lancaster, MN on June 26th. This year's parade boasted a Patriotic theme.



Fair time is fun time

Kittson Memorial Foundation takes to the midway

Kittson Healthcare was present at this year's Kittson County Fair with a booth featuring educational materials, free masks, and a prize drawing. Also, Kittson Memorial Foundation hosted a newly created Plinko game board (donated by the Kittson County Fair Board to promote fundraising opportunities for our community.) Participants could win prizes and candy when dropping the Plinko chips. Game proceeds were designated to the creation of a "Relaxation Room" at the facility to support positive mental health and stress reduction activities for all employees.



Plinko board created by Kittson Central students and Industrial Technology teacher, Ed Lehrke and painted by Elementary Art teacher, Leanna Lindegard



Meet our Providers

What are Well-Child Visits and why does Kittson Healthcare encourage them?

Well-Child Visits, also sometimes referred to as Child and Teen Checkups, are a very important type of preventive, annual visit for children. According to MDH, "healthy children are more likely to grow up to be healthy adults. Regular checkups give parents and health care providers an opportunity to check children's growth and development, identify any concerns, and treat them early to prevent bigger problems later on."



Amanda checking 4 day old, Reese, daughter of Scott and Taylor Lindegard



Amber Deere-PMHNP-BC
Hallock & Karlstad Clinics

Kittson Healthcare encourages all patients to remain up-to-date on all preventive care, well-child visits included, so that we are able to provide the best overall and comprehensive care possible. We don't only want to see you as patients when you're sick, we also want to see you before you get sick and to remain a proactive partner in your healthcare.

The Benefits of Well-Child Visits include but are not limited to:

- **Prevention.** A well-child visit provides an opportunity to get up-to-date with recommended immunizations to prevent illnesses and common conditions that affect children or young adults, such as measles and meningitis.
- **Tracking growth and development.** During well-child visits, your child's growth and development is tracked and compared to their last visit. This provides an excellent opportunity to discuss important milestones and identify anything out of the ordinary so early intervention is possible. Additionally, your child's mood, mental health, coping skills, social behaviors, and learning are also reviewed.
- **Raising concerns.** Before a well-child visit, you are encouraged to make a list of topics you want to talk about with your child's provider such as development, behavior, sleep, eating, or getting along with other family members.
- **Team approach.** Regular visits create strong and reliable relationships between the provider, parents and child. Well-child visits provide an opportunity to focus solely on the needs of the child in hopes of achieving optimal physical, mental, and social health.



Amanda Pinnock-FNP
Hallock & Karlstad Clinics



Julie Johnson-CFNP
Hallock Clinic/Limited Karlstad

COVID-19 Pandemic

Both well-child visits and immunizations remain important during the COVID-19 pandemic. It is now encouraged by both MDH and CDC to ensure children remain up-to-date with all well-child visits and vaccinations throughout the pandemic.



James Surdy-MD
Hallock Clinic

Coverage

Usually well-child visits are covered by most insurance plans, however, if you have any questions or concerns regarding coverage, we encourage you to contact your insurance company directly. The Minnesota Department of Health as well as Local Public Health agencies also offer services based on eligibility aimed at improving health through the state of Minnesota. You may contact Kittson Healthcare Public Health Department if you think you may be eligible for these services.



Karrah Oliver-PA-C
Karlstad Clinic

To schedule your well-child visit today contact:

Hallock Clinic: 843-2165

Karlstad Clinic: 436-2251

Public Health: 843-3662



Karen Warner-PA-C
Hallock Clinic



Super Supporters

Donors who have given from March 1-August 31



Memorials

Dirk & Shauna Kleinheksel in memory of Mavis Hoenke
 Lois Erickson in memory of Arlen Erickson
 Roland and Jane Larter in memory of Mavis Hoenke
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 Ronald Johnson in memory of Arlen Erickson
 Jennifer Guttu in memory of Rose Marie Crotty
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Letters From Home

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

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Hallock, MN 56728

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
- Therapies - Physical, Occupational & Speech Services
- Outpatient services - Cardiology, Dermatology, Endoscopy, Orthopedics, Ophthalmology, Podiatry, Registered Dietitian
- 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