



Kittson
HEALTHCARE

Letters From Home

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Resident Feature: *Brian Sele*

Brian Thorvald Sele was born Aug. 11, 1960, at the Karlstad hospital to Glen Vernon Sele and Eileen Ann Collins Sele. He has one brother, Danny and two sisters, Lori Kay Sele Swanson and Tammy Lou Sele.

His grandparents were Thorvald and Mildred Vagle Billings Sele and Chester and Clarise Lind Collins.

Brian was confirmed and baptized at the Zion Lutheran Church in Lake Bronson.

Brian's nickname is Bull because growing up he was a big strong boy. His friends called him Bull for many years. One of his favorite treasures is a small knickknack of a bull given to him by his friends, which he keeps in his room at the nursing home.

Brian grew up in the Lake Bronson area and graduated from Karlstad High School in 1978. He loved all sports but his favorite was football. He played middle linebacker for the Karlstad Rabbits.

He loved to go fishing with his friends and family and did a lot of hunting.

He and his best friend, Ronnie, spent a lot of time on the river riding the rapids in a raft. They also trapped gophers for spending money.

After graduation, Brian took classes to learn to install carpet, tile and vinyl in Minneapolis. He worked in Minneapolis for many years but decided the cities were too big for a country guy like him and moved back to his hometown area. He installed carpet for lots of churches and homes in the area. He worked for Central Boiler, Greenbush, Minn., for several years.

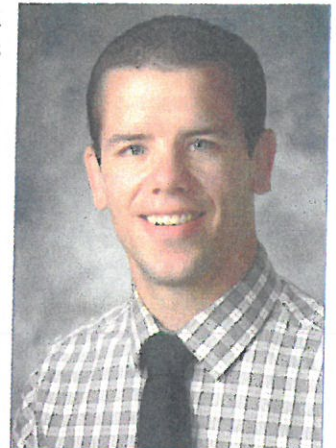
In 2012, he had a stroke and moved into the nursing home. Brian's favorite pastime is watching movies and listening to music.



BRIAN SELE with a fishing cake to celebrate a recent birthday.

Gabe Mooney is Kittson Healthcare's new CEO

I want to first say it is an honor to serve in my role as chief executive officer at Kittson Healthcare. The welcome our communities have shown me has been great. I am enjoying my first months here and look forward to continuing working with the staff and community. It is important and fulfilling to me to meet community members, build relationships and become involved. I have had the opportunity to connect with a number of area citizens in a short while, even amid COVID.



GABE MOONEY was hired as chief executive officer at Kittson Healthcare.

I was born and raised in northwest Minnesota and have three children, who my wife and I are raising on the same farm I grew up on. Northwest Minnesota is a great place to live, raise children and per my parents and grandparents, it is a great place to retire. Healthcare is important to everyone no matter our walk of life. I am not sure of anyone in this day and age that has not or will not need healthcare throughout their life. We want to be there for you and be part of the community. This is one of the many great things about small healthcare organizations. For me, the draw of healthcare started in dietetics (nutrition) with the basics of working with people to get and keep them healthy. My goal is still the same today to help people be healthy from all walks of life and all types of healthcare needs. I am happy to be part of a great healthcare organization serving our neighbors, friends and family.

Kittson Healthcare is an Equal Opportunity Provider and Employer that does not discriminate on the basis of actual or perceived race, color, creed, religion, alienage or national origin, ancestry, citizenship status, age, disability or handicap, sex, marital status, familial status, veteran status, sexual orientation, genetic information, public assistance, local human rights commission activity, or any other characteristic protected by applicable federal, state or local laws.

News from... the Activities Department

We hope our letter finds you all healthy and staying safe.

Daily living as we once knew it has certainly changed in our home due to COVID-19. The residents went from being allowed to gather in the dining room for group activities, to staying in their rooms and having one-on-one visits with staff. They now keep in touch with family and friends by phone, FaceTime, Zoom and Messenger. Window and outside visits have been wonderful for residents, family and friends. Our residents have been AMAZING during all of the changes that have taken place in such a short time.

One of the highlights for our residents was receiving letters from the Lancaster and Kittson Central students. A big thank you to all the teachers and students. We all thought it was wonderful the children took time out of their busy lives to write words of encouragement and share beautiful artwork. Just know you are all truly appreciated.

During this time we have had several National Day of the Week activities. Some of which include: Oreo shakes, strawberry sundaes, donuts, mini cheese cakes, watermelon, lollipops, summertime cocktails, banana splits, iced tea, homemade lemonade, popsicles, peaches and cream, peach pie and cherry turnover day. A special thank you to Revelation Ale for the generous donation of root beer for our Root Beer Float Day.

Our residents keep themselves busy in their rooms reading, coloring, doing puzzles, manicures, watching TV, listening to music and saying "Hi" to their neighbors across the hall. Residents, along with staff, have learned quite a bit about one another on a variety of topics during their one-on-one visits. Lots of laughter and sometimes even a few tears have been shed. Activities aide, Lynn Mattson, assisted some upper level residents in planting a vegetable and flower garden. Produce from the vegetable garden has been a special treat for the residents. The gardens can be seen on the patio by the hospital entrance. Krista Olson, activities aide, once again cared for the beautiful flower garden for everyone to enjoy in the lower level. A special thank you to the hospital auxiliary for its donation of perennials this year.

Since we are not allowed to have group activities, we have hallway activities, which include bingo, sing-alongs, food activities and social hours. We sang Christmas carols on April Fools' Day. We celebrated Christmas in July with staff dressing up in festive Christmas attire, decorated pineapples with sunglasses and Christmas balls, and handed out Christmas activity packets. A special lunch included lefse made by Cindy Urbaniak. Genie Swanson, director of nutritional

services, made strawberry Santas and powdered donut holes for snowballs. Residents also put together a gingerbread house, there was only one problem ... it was 90 degrees outside and the icing melted along with all the decorations. Oops!! Staff decorated a cart for Cinco de Mayo with red chili peppers, streamers and played festive music as they strolled the hallways serving margaritas. On National Camera Day, staff took pictures of residents for a window display. Everyone got to choose whether they wanted to drive a VW Bus or a pink Cadillac with dice hanging from the mirror. One of the comments was, "I like this Cadillac because I don't have to make the payments." On Lottery Day residents were surprised when they were each given a scratch off lottery ticket. Needless to say there were no big winners this time.

On National Kitten Day, Judy Blomquist brought in a baby kitten. The residents loved holding her and some were so lucky as to even sneak in a little nap with her. Judy also brought in her baby goat, Cha-Cha, who pranced up and down the hallways making herself heard. Our other animal visits included: Krista Olson's dog, Stella, and Taylor Lindegard's horse, Fancy; which was a big hit. Thank you to the staff for sharing their pets.

As you can see we are continuing to keep our residents as active as safely possible during these trying times. So until next time, continue to stay healthy and be safe.

Jimann Cozzen
Director of Activities



Business Office manager TAYLOR LINDEGARD, brought her horse, Fancy, to the facility for residents and staff to enjoy. Resident MARGARET SWENSON and EDDIE COZZEN, activities aide, enjoyed the beautiful day and got to pet Fancy.



Below, The residents at Kittson Healthcare nursing home love their bingo so when they can't gather together in the dining hall to play, they play hallway bingo with residents sitting in their doorways. Workers go up and down the hall to check cards. Above, left, ELEANOR KRASKA is ready for the next number to be called. Above, right, activity aide, KRISTA OLSON, checks BETTY LINDBERG'S card to see if she has a good bingo.



Resident Birthdays

SEPTEMBER

- 5.....Lila Hennum
- 6.....Arden Christopherson
- 8.....Harriet Docken
- 11.....Shirley Farbo
- 11.....Thomas Hughes
- 28.....Peter Sinclair
- 30Catherine Klegstad

OCTOBER

- 7.....John Money
- 20Beatrice Bahr
- 22.....Linda Kaul
- 27.....Anna Stromgren

NOVEMBER

- 12.....Frances Anderson
- 28.....Eleanor Kraska
- 28.....Peter Olson
- 30.....Richard Olson

DECEMBER

- 14.....Ivan Hicks
- 25.....Stephen Walukiewicz
- 29.....Joydis Folland



HAPPY BIRTHDAY

CHRISTMAS IN JULY!



KITSON HEALTHCARE ACTIVITIES DEPARTMENT hosted Christmas in July for the residents. The staff dressed up in festive Christmas attire and the residents got to do a variety of activities. Above left, MONA FERTIG works on a gingerbread house with activities aide, KRISTA OLSON. Above right, HARVEY RIENDEAU gets assistance from activity aide, LYNN MATTSON, in decorating a pineapple with sunglasses and Christmas decorations. Below, residents, EILEEN TOTLEBEN and REBA COLE are surrounded by staff wearing holiday attire; back from left, HALEY WILWANT, CRISTINA WOLLIN, GRACE MELIN, LACY BENGTON; front, TOTLEBEN, COLE and CHRIS HABERMANN.



News from ... the Nursing Home



COVID dominates our lives here at Kittson Healthcare.

Feels like so very long ago that we started all of our emails, conference calls, webinars, printing of guidance from Minnesota Department of Health and the Centers for Disease Control and Prevention learning as much as we could about COVID-19.

Coronavirus has sure created significant changes in the lives of our residents, their families and their friends.

Kittson Healthcare closed for all visiting on March 19, 2020. We encouraged resident family and friends to do virtual visits through FaceTime, Messenger or Zoom meetings. Our residents were amazed at how technology works these days. The residents got cards from several of the schools in the county. They loved getting pictures and colored drawings.

We have since advanced to window visits, outdoor visits and essential caregiver visits. Staff wear all the recommended personal protective equipment throughout their workdays to help keep the residents and their co-workers healthy.

We are so proud that Kittson County continues to report only 12 positive cases of COVID-19. And while we would like to think that this is all we will see, we know that it will not be. Our primary goal is to keep COVID out of the nursing homes and away from our staff.

Do we always agree with the guidance brought to us from Minnesota Department of Health and the Centers for Medicare and Medicaid? No! But we are charged by regulation to follow the guidance or face infection control surveys by Minnesota Department of Health and possible disciplinary action if we have a positive case of COVID in a nursing home resident.

The staff are going the extra mile wherever they can to brighten the residents' days. Honestly, I must say the residents have really done quite well with all the changes we have thrown at them the past six months.

We will continue to wade through all of the excessive amounts of information on COVID, care for our residents the very best we can and look forward to a vaccine that will be effective and return us to normal living.

Cindy Urbaniak,
Nursing Home Administrator

News from ... Social Services



Residents, friends and family:

I have gotten the opportunity to meet most of you now via phone conference since I started my position in April. However, I wanted to utilize the Letters from Home platform to tell you all a little more about myself.

First of all, I wanted to say how much I am loving my position here as the director of social services at the nursing home. It is a very rewarding job and allows me to spend time with such wonderful people - our fantastic residents and staff. Prior to working for Kittson Healthcare, I was a child protection social worker for Marshall County. These two positions couldn't be more different. However, I do find myself being thankful for my previous position as it taught me a lot in regards to handling difficult situations and remembering to practice self-care.

In my free time, I enjoy spending time with my husband and our son, Liam. I also enjoy reading, going for drives and just relaxing outdoors in the evenings. Much of my family lives in Hallock, so I also get to spend ample time with them. I am very thankful to live in the small town of Hallock and am even more thankful to be given the opportunity to work with such wonderful people.

I came onto the scene right as the COVID precautions were launched and the nursing home closed to visitors. This was definitely a new adjustment, but we understand how crucial it is to keep our residents safe and healthy. We also want to ensure our residents' mental health is being taken care of. If anyone has any suggestions for activities to do to keep our residents feeling their best-mentally and physically-please do not hesitate to reach out to me via email at kylie.ogorek@kmhc.net or phone at 218-843-3841.

Thank you,

Kylie Ogorek, LSW,
Director of Social Services

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

News from... Kittson Memorial Foundation

What exciting news Kittson Healthcare received recently! We were named one of the Top 20 Critical Access Hospitals for patient satisfaction in the country! That's not just in Minnesota, or the Midwest, but the entire NATION! Plus, this is the second year in a row we have been awarded this distinction. Congratulations to our entire staff. We are so proud of you, and thankful for your dedication to providing outstanding care.

The determination was made by The Chartis Center for Rural Health for Patient Satisfaction. The rankings were announced by the National Rural Health Association. An awards ceremony will be held during the NRHA's Critical Access Hospital Conference in September in Kansas City, Mo.

The hospitals that achieved this status were successful in overall performance based on a composite rating from eight indices of strength: inpatient market share, outpatient market share, quality, outcomes, patient perspective, cost, charge and financial efficiency. These hospitals were successful in one of two key areas of performance: Quality Index, based on the percentile rank across the indicators of hospital Compare Process of Care measures; and Patient Perspective Index, aggregated and ranked across 10 domains of the Hospital Consumer Assessment of Healthcare Providers and Systems.

I have personally known for many years that my family has received outstanding care at Kittson Healthcare. We are deeply grateful and forever thankful. Our community and surrounding area is richly blessed to have a facility of excellence right here in our county. Please tell others about this award, make use of Kittson

Healthcare, thank and congratulate our staff when you see them, and offer a petition of thanks for our outstanding staff in your daily prayers.

And there is more joyful news! Our 14th Annual "Score Fore" Golf Tournament was held again this year on Aug. 6. Even in the midst of the pandemic, our creative planning team arranged to safely conduct our tournament simultaneously at all three county golf courses. Seventy-six golfers participated in the fundraiser to help purchase a reclining bathtub for our nursing home. There was a two-way tie for overall champion between the Northwestern Mutual team and the defending champion State Farm team! Members of the Northwestern Mutual team are: Teal Plaine, Brian Hanson, Alex Strege and Blair Younggren. Members of the State Farm team are: Jeff Westberg, Nick Anderson, Ryan Anderson and Ashlee Anderson. Third place honors went to Crop Insurance Associates. Congratulations to all of you! Our foundation is extremely thankful for our planning committee, the many sponsors and all the participants who helped make this event such a huge success. THANK YOU! Our tournament will be held next year on July 8, 2021.

Enjoy the fall season and count your blessings.

Respectfully submitted,

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

Board Trustees:

**Deb Cederholm, Janelle Craigmile,
Stacy Diamond, Jay Friedt, Pam Hunt,
Laverne Isaason, Ken Peterson,
Dennis Sobolik, Joyce Wikstrom, Pat Wise**



Above left, The NORTHWESTERN MUTUAL team was the overall champion of the Kittson Memorial Foundation Score Fore-4 Tournament. The team, from left BRIAN HANSON, TEAL PLAINE, ALEX STREGE and BLAIR YOUNGREN, were declared winners after tying with State Farm. The champions were declared after going back two handicapped holes. Above right, the STATE FARM team, from left, NICK ANDERSON, RYAN ANDERSON, ASHLEE ANDERSON and JEFF WESTBERG, were the defending champions. Both teams had a score of 56.

News from... Kittson Healthcare Auxiliary

The auxiliary has not met since COVID-19 started. The restrictions at first kept us from people coming into the building. We are planning to meet the end of August and decide what ideas for fundraising we could do. Our main concern is to keep people safe and healthy.

We have purchased another recliner for the hospital patient rooms. Recliners the hospital are no longer using will be recovered and used for the nursing homes. We are always in need of them for the residents.

The flowers outside the facility were paid for by the auxiliary. They are in front of the nursing homes and assisted living. A number of staff take turns in watering and taking care of the plants, Cindy Urbaniak, Carlene Cole and others plant them in the spring.

We purchased three \$20 gift cards from Burgess's

Greenhouse in May for Nursing Home Month and employees' names were drawn for the cards. Winners were Stefanie Dagen, Suzann Duchene and Rico Boursaw.

The auxiliary also bought valances for the lower level dining room, however, COVID restrictions have kept the residents from using the dining room. The housekeeping staff took advantage of the room being empty and stripped and waxed the floor. The room looks very nice with shiny new floors and new curtains. When the residents are able to start using the dining room again, it will be very inviting for them.

Please watch for events when we can get them planned. Our main concern is to keep our residents, patients and staff safe through these trying times.

Pam Taie,
Auxiliary President



Activities aide, Lynn Mattson assisted upper level residents including ELAINE OLSON, above left, in planting a flower garden outside the facility. They also planted a vegetable garden which allowed them to have fresh vegetables. VELVA LARTER, above, right, helped pick beans when they were ready. Krista Olson, activities aide, cared for the flower garden outside the lower level nursing home entrance. Perennials were donated to the project from the Kittson Healthcare Auxiliary.

Letters From Home

Kittson Memorial Hospital Association
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 Kittson Memorial Healthcare Center

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