SUNDAY, MAY 12
Happy Mother’s Day!
Corsages for the Ladies
2:00 PM: Mother’s Day Social with Music by Sonny Bartell

MONDAY, MAY 13
Movies Monday
(dress like the movies!)
9:30 AM-6:30 PM: Movie Marathon! Wells Atrium
1:00 PM: Popcorn in the Park
2:30 PM: Movie Trivia-Wells D.R.

TUESDAY, MAY 14
Teddy Bear Tuesday
(Bring your teddy bear!)
9:30 AM: OR Make one at Stuff-N-Fluff Funshop!
2:15 PM: May Birthday Party/Polar Bear Ice Cream Cups/Music by DC & Hawk

WEDNESDAY, MAY 15
Western Wednesday
(wear western!)
10:30 AM: Horseshoes!
2:15 PM: S’mores/Flower Planting
6:30 PM: Color y/o Western Bandana

THURSDAY, MAY 16
Tie-Dye Thursday
(wear tie-dyed attire!)
9:30AM: Color Me Fun
2:15 PM: Rainbow Treat/Sing Along with Jenny
6:30 PM: Paint & Sip

FRIDAY, MAY 17
Free World Friday (wear red, white, & blue!)
9:30 AM: Let’s Bake Pie!
2:15 PM: Strawberry Smoothies/Happy Hour
2:30 PM: Outdoor BINGO on front patio
6:30 PM: Pie & Ice Cream

SAVE THE DATE:
Summer Picnic & Silent Auction Fundraiser:
Aug 7, 2019 • 5-6:30 pm
Greetings from Morris Health Services. It is wonderful that the snow is finally gone and we are seeing some green pop out of the ground again. I would like to touch on quality of care and the many ways we monitor quality and resident satisfaction at West Wind Village (WWV), since it is so very important. Medicare’s Nursing Home Compare rates nursing facilities throughout the nation and posts this data on their website for the public to view (https://www.medicare.gov/nursinghomecompare/search.html?). They assign each nursing facility an overall rating and a rating for each of these categories: survey results, quality measures (looks at critical quality), nursing staffing and RN staffing. West Wind Village continues to be a “CMS 5 Star” facility.

West Wind Village just received the results of the 2018 resident satisfaction surveys which were conducted by Vital Research, an independent agency, contracted by the Minnesota Department of Health. We improved in several areas such food, activities and environment. We will be continuing to improve in these areas and continue the practice of being an open and honest organization, as well as work on relationships, autonomy and caregiving.

As I mentioned in the last newsletter, West Wind Village has been waiting for the survey team to come. There is a new survey process this year and it is more competitive amidst a more “immediate jeopardy” preparedness for not having corrections made. We did receive six tags from the Minnesota Department of Health: ADL care for a female resident with chiari; physical restraints for using a pool noodle to prevent a resident from falling out of bed; emergency preparedness for not having a form to track staff in the case of an evacuation; restorative services for not documenting range of motion and position of residents; and failing to report and monitor an explainable bruise on a resident’s arm. We also received three deficiencies from the Fire Marshall for one loose smoke detector, no emergency stop on the external generator and improper storage of soiled linen. We have submitted a plan of correction for all deficiencies which has been approved and are working to correct each area cited.

It is good to know how we are doing, so we can make improvements and as always, it is wonderful to have the survey over for the year! In closing, I would like to address what is happening in the Legislative arena and the possible impact on seniors and nursing facilities. This was developed with assistance from LeadingAge, the non-profit association for long-term care providers in Minnesota. “Across Minnesota, dedicated caregivers in nursing homes and assisted living are working hard to provide safe, quality care and ensure our state’s seniors age well with the respect, care and support they deserve. That is why it is so unfortunate to read about recent developments at the State Capitol. Governor Tim Walz and the Minnesota House DFL are proposing funding cuts to nursing homes and creating funding disparities of up to 20 percent based solely on a zip code rather than the needs of our aging citizens and those who provide them with care. A $68 million cut to nursing homes is a giant step backwards in what was once progressive reform to ensure access to safe, quality care for our rapidly-growing aging population and improve the wages and benefits of professional caregivers. In 2015, the Minnesota Legislature approved a new funding formula for nursing homes that based reimbursement on the actual cost of providing care. Because of this investment in senior care, St. Francis Health Services was able to increase nursing wages and benefits by 33 percent. We were able to provide fully paid health insurance for our employees working over 30 hours per week. We became more competitive amidst a shrinking labor pool in the

Even more “immediate jeopardy” deficiencies in the first two months of 2019 than it did the entire year of 2018!

At the end of March, the Minnesota Department of Health and State Fire Marshall surveyed WWV for Federal compliance with the nursing facility regulations. The survey process is always stressful for staff and impacts residents and families, as well. We were very pleased that all deficiencies were “Level D” which is minor and there were no “actual harm” or “immediate jeopardy” deficiencies cited. We did receive six tags from the Minnesota Department of Health: ADL care for a female resident with chiari; physical restraints for using a pool noodle to prevent a resident from falling out of bed; emergency preparedness for not having

You’re a new addition to the crayon box. What color would you be and why?

I would be a red crayon because it’s one of the brightest colors and it’s my favorite color.

What’s your favorite ‘90s jam? Fugees - Killing Me Softly

What is the funniest thing that has happened to you recently?

I opened the wrong car door. I totally thought it was my car! LOL

What inspires you?

I want my kids to be proud of me. My kids inspire me.

What color are you phlegm?
Pastoral Care
Deacon Stan Hennen

We are finally into May and hopefully done with the snow and cold and are seeing signs of new life in the world around us. For me this has always been what Easter means to me. Now you may think to yourself, Easter was a couple of weeks ago. But no, we are in the middle of the Easter season with all sorts of new beginnings around us—new leaves, greening of the grass, planting, or seeing new plants starting. Someday, in the near future, we will be able to enjoy eating the vegetables we grow. For me, the birth of new calves and baby chicks was also special as it was to put what failures we may have had in the past and starting over, new life with a clean slate. Yes, we can start over again and what we are seeing now is all fresh and new.

That was Jesus’ message in the Gospels we read and ponder during this season. He didn’t appear to the disciples to berate or chastise them but to let them know He still loves them. And us modern day disciples, no matter how we may have disappointed Him, He still loves us and will always be there for us as well. When we see the difference in the actions of the disciples before and after the sending of the Holy Spirit, they go from fear and disappointment to courageous followers that fear no earthly power, only the Lord, not wanting to ever betray Him again.

We need to follow their lead.

At the Last Supper, Jesus gave them to a new commandment; to love one another as I have loved you. It may not have totally registered in their minds at the time, but that was how all would tell them, and we, are Jesus’s disciples by the love we show to one another. So how does that fit with the newness of the Easter season? Well, each Good Friday we listen to and ponder on Jesus’s passion and look at the part we played in it by our own sins.

We have a bountiful and wonderful new growth in your spiritual garden this year.

Deacon Stan Hennen

Big Stone Therapies

Big Stone Therapies will now be providing outpatient physical, occupational, and speech therapy services in the lower level of Skyview Plaza as Rural Rehabilitation Services. We will have reserved parking for patients convenience. We will continue to provide therapy services at West Wind Village for nursing home residents. We will continue to see nursing home residents at West Wind Village location and will begin to slowly transition all patients from the community from our current location at West Wind Village to our new location at Skyview. Please call us with any questions or concerns at 320-585-5395. Our phone number will remain the same with this transition. Have a wonderful spring!

Stefanie Fragodt, PT, DPT
LTC Site Coordinator
Big Stone Therapies

Director of Nursing Jody Cunningham

I would like to take this opportunity to thank all the dedicated nursing staff at West Wind Village who give their time, energy and talents to care for our residents. Nationally we recognize nurses May 6th-12th during National Nurses Week. At West Wind Village we take this time of year to celebrate all of our nursing staff, RNs, LPNs, TMAs, CNAs and Resident Aids. They all work as a team, we could not provide the care our residents deserve without this team of extraordinary personnel.

West Wind Village recognized our nursing staff with a nursing staff luncheon in our very own Wells Park on May 6th. A beautiful setting to give our nursing staff the appreciation they so much deserve. Once again, Thanks Nursing Staff for all you do.

Jody Cunningham, RN Director of Nursing

Alzheimer’s Caregiver Support Group

Meetings held the 2nd Monday of Month
Morris Public Library Community Room | 5:30-7:00 pm
102 E. 6th Street, Morris, MN 56267

RECIPE FOR USING UP ALL THE SPRING RHUBARB!! RHUBARB STREUSEL MUFFINS

INGREDIENTS:

MUFFINS:
2 1/2 C flour
1 tsp. baking soda
1 tsp. Baking powder
1/2 tsp. Salt
1/2 C small diced rhubarb
1/4 C lightly packed brown sugar
1/4 C vegetable or coconut oil
1 egg
1 tsp. Vanilla extract
1 C buttermilk
1 tsp. Cinnamon

STREUSEL:
1 C finely chopped vegetables or coconut oil
1/4 C flour
1/4 C lightly packed brown sugar
1/4 tsp. Cinnamon

Don’t over mix.- Stir to coat.
1. In a separate bowl, whisk together the brown sugar, oil, egg, vanilla and buttermilk until smooth.
2. Make a well in the center of the dry ingredients and pour in the wet ingredients. Stir only until combined.
3. Don’t overmix! Divide the batter into the muffin cups.
4. In a small bowl, stir together the streusel topping ingredients with a fork until crumbly and combined.
5. Sprinkle a bit of it on top of each muffin.
6. Bake for 16-22 minutes until the tops of the muffins spring back to the touch or use a toothpick to test.
7. Do not overback, as that dries them out.
8. Let the muffins cool for at least 5 minutes before removing from the pan.
9. Eat and enjoy!

Questions about our meeting? Contact Summer Anderson at 320-208-7803 or andersons@lcmcm.org. Visit www.alz.org to learn more about caregiver programs and resources. To further extend your network of support visit ALZConnected®, our online community, at alzconnected.org.
I was born: Cyrus, Minnesota

My occupation was: My husband was a pastor and I was very involved with the church. While my husband was teaching at a Seminary, I was involved with the students and their wives.

Length of stay at WWV: Two years. I would recommend West Wind Village. I am very happy to be here.

My family: I have two sons that live in California, 5 grandchildren, and 12 great-grandchildren.

My interests include: Helping people, I also directed “Godly Women out of History” which involved 50 people from Trinity Lutheran church in Cyrus and we did 85 performances. We even performed on the East Coast.

My favorite food is: Steak

The most disagreeable thing I’ve eaten is: Monkey when I was in Africa.

A favorite book: The Bible.

My favorite kind of music: Christian music.

My favorite season: Spring

A perfect day for me would be: To start the day with devotions and spend the day reading a book.

The biggest event in my life: My wedding day.

A word or phrase I’d use to describe myself is: Loving and helpful

A favorite places I’ve traveled to: Africa, Japan, China, & Europe. My husband and I had always wanted to go to Africa after he retired at the Seminary, but in his 50s he got cancer and our plans changed. Before he passed away, he told me that God had other plans and that he wanted me to go alone, which I did. I lived in Kenya Africa for three years as a missionary. It was a wonderful time in my life. The lifestyle was different but I enjoyed it. When I was in Africa, I was invited to speak in Japan to 300 Japanese women and pastors.

A person from history that I admire: Corrie Ten Boom

The person who had great influence on me: My parents

One thing I marvel at is: My ability to carry out my husband’s desire for me and share God’s word.

One of my favorite childhood memories: Happy family time spent together.

Resident Profile Marcella Hansen

Volunteer Profile Emily Filzen

Volunteer Appreciation

I was born: September 23, 1998 in Willmar, MN

One of the rewarding things about volunteering: Getting to know the amazing residents.

My family: Dale & Tina Filzen are my parents. I have two younger sisters, Katie (19) and Melody (14).

My pets: I have a Great Dane puppy named Buster.

My interests: In my free time, I like to workout at the RFC, bake, watch movies, and spend time with family/friends.

Some of my favorite movies: Disney movies, rom-coms.

My favorite food: My mom’s taco soup, any kind of dessert

A favorite book is: Laura Ingalls Wilder series

My favorite kind of music: All kinds—from country to R&B

My favorite season is: Fall

A favorite place I’ve traveled: Mexico, Dominican Republic, and Cuba.

The person who had the greatest influence on me was: My mom and my cousin, who was more like a brother to me. He passed away in an accident when he was 16.

One thing I marvel at is: Nature and its beauty

We wish Kathy Thorstad (in red) well as she retires from Laundry/Housekeeping after working at West Wind Village for 19 years. Cake was served in honor of Kathy with residents and staff May 21.

A Volunteer Appreciation Social was held April 16, 2019 with volunteers, residents and staff.