Daycare kids looking for Easter eggs hidden throughout the halls.

Filling eggs for the MACCC’s Easter egg hunt!

St. Patty’s Day BINGO

St. Patty’s Day Music

Happenings at Morris Health Services

National Skilled Nursing Care Week

Sunday, May 12- Happy Mother’s Day! 
2:15- Mother’s Day Tea with Piano Music by Jenny Mecklenburg  
Monday, May 13- Music of the Decades (wear your favorite genre)  
2:15- Rootbeer Floats  2:30- Music Trivia  
Tuesday, May 14- Lazy Day (wear your P.J.’s)  
10.00- Story Telling with MACCC  
2:15- Popcorn/ Double BINGO  
5:30- Movie Night

Wednesday, May 15- MHS Day! (Wear MHS t-shirt)  
2:00 - Ice Cream Social sponsored by the Salvation Army  
Meet the New Administrator!  
Music Entertainment by Gary Gylsen Everyone’s Welcome!  
Thursday, May 16- Art Walk & Talk (wear color by Dept.)  
Office- Red, Dietary- Black/Gray, Nursing- Blue, Activities- Purple, Environmental- Green  
2:15- Make Your Own Fruit Pizza  
2:30- Show & Tell  
Friday, May 17- Hawaiian Luau (wear Hawaiian attire)  
9:30- Radiant Memories Photobooth  
2:15- Tropical Smoothies/BINGO
From the Director of Nursing

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, RN’s, LPN’s, TMA’s, CNA’s. They all work as a team. We could not provide the care our residents deserve without this team of extraordinary personnel. The work can be physically and emotionally draining at times, yet so rewarding! Once again, Thanks Nursing Staff for all you do!

WWV Resident Profile

Sharon Boyle

I was born: Sioux City, Iowa
My occupation: I worked for many years as a CNA.
My family: I lost my husband in 2002. I have three daughters, many grandchildren and two great-grandchildren. My family is everything to me.
The biggest event in my life: August 12, 1979 when I married the love of my life. And of course, when all three of my daughters were born.
Hobbies from the past: I loved to go on walks, go bowling, and dance with my husband

Employee Profile

Tyla Anderson

I was born: April 14th 2004
My occupation: Activity & Dietary Aide
Time at West Wind Village: 2 years
My family: Mom Kadee, Brother Ashton and Grandpa George
My pets: 3 Cats! Suzie, Deliliah & Edgar
My interests: Art Writing Crochet and Photography
My favorite food: Hotdish, anything with rice & noodles and dessert. Any breakfast food!
My favorite music: Alt Rocu, World & 90’s
My favorite season: Autumn, the colors are pretty & the weather is nice
A favorite place I’ve traveled to is: New Orleans
You should join Morris Health Services because: People have the best laughs and are friendly. Residents have unique stories and jokes to share.

News from Big Stone Therapies

Greetings from Big Stone Therapies!

Glenda Feist, PT, OCS from Big Stone Therapies and Jenna Howden, SPT from Mayo, Rochester MN PT school attend PT Day on the Hill to talk to Senator Torrey Westrom and Representative Paul Anderson about current legislative topics in Physical Therapy including the Compact to allow those in neighboring states to cross state lines without getting a license in the neighboring state. This is already approved in all of the neighboring states to MN. They also discussed the Physical Therapy Practice Act updates to modernize the practice act.

Morris Health Services Advisory Committee

Karen Long, Paul Rentz, Tim Gramm, Emmy Swedlund & Scott Crumb
Skyview Plaza Assisted and Independent Living:
For many older adults, living alone may not be as feasible as it once was. Increase in challenges with maintaining the home and yourself may determine need for additional support. Skyview Plaza offers assisted and independent living to improve your ability to live life to the fullest with the care and assistance you may need. We offer a variety of assistance levels to best fit your needs. Meal options are available, provided by our newly constructed kitchen, offering two main choices at each meal. Activities are offered with a variety of options including, exercise classes, crafts, and Bingo regularly scheduled. Entertainment with a variety of music groups performing and planned outings in the community each month. For more information, or to set up a tour, call our Housing Director at (320) 208-4014.

Skyview Apartments:
Skyview Court apartments are now open to all ages! Featuring a beautiful indoor two-story courtyard with apartments around the perimeter and a year-round park that provides lovely gathering spaces for you and your visitors. Our building has been updated to give a modern and luxurious, yet lived-in feeling. New flooring, paint, and fixtures are just a few of the upgrades we’ve implemented to make your home feel brand-new. With floorplans designed with your needs in mind, we offer different layouts ranging from studio, 1-bedroom, and 2-bedroom units. For more information, or to set up a tour, call our Housing Director at (320) 208-4014.

Volunteer!

10 benefits for volunteering at West Wind Village & Skyview Plaza
• Making new friends.
• Learning about life, as they were once your age.
• Improving their lives by giving them someone to teach, helping them feel needed and appreciated.
• Job experience for your resume.
• Community service—the more volunteers, the more special events and other outings we can provide in the community.
• The opportunity to practice social skills.
• Healthy mind and body—by increasing self-confidence, combating depression, and helping you stay physically fit.
• Discovering a job that’s right for you.
• Brightening the day of the residents.
• Learning patience, acceptance, and respect towards others and their disabilities.

We welcome potential volunteers to come in, fill out an application, and meet the residents. The benefits to you are endless, as well as the appreciation the residents feel when someone makes a commitment of service to them!

• Areas in which you can volunteer:
  • Assist with bingo
  • Help with parties
  • Provide musical entertainment
  • Visit with residents 1:1
  • Take a walk with a resident
  • Lead a discussion group
  • Read or write letters with residents
  • Lead a Bible study
  • Read devotions or stories to residents
  • Assist with outings
  • Baking with residents
  • Do manicures
  • Activity helper: AM, PM
  • Mending
  • Linen folding with residents
  • Serve coffee: AM or PM
  • Help with social hour
  • Play cards with residents

If you are interested in volunteering at West Wind Village, please reach out to Jenny Mecklenburg at 320-589-7902 and Russann Koser at 320-208-4014 if you are interested in volunteering at Skyview Plaza.

Community Picnic @ West Wind Village
Wednesday, August 14, 2024 5-6:30p.m.
Good Food, Music Entertainment & Fun!
West Wind Village held a Volunteer Appreciation event April 25, 2024. We are so thankful for all our volunteers who give of their time and attention to our residents! Pictured are Pastor Matt Orendorff, Jane Lesmeister, and Darlene Hennen.
Here is some grilling food safety tips for those great summer cook outs. Have a great and safe summer!! Follow these steps for a safe and enjoyable grilling season.

**Recipe Corner**

**Rhubarb Crunch**

1 c. flour  
¼ c. flour  
5 tsp. powdered sugar  
¾ tsp. baking powder  
½ c. butter  
¼ tsp. salt  
2 eggs, beaten  
2 c. rhubarb  
1 ½ c. brown sugar

Bake 15 minutes at 350°F. Combine remaining ingredients and pour over crust. Bake for 35 minutes.

Blend flour, powdered sugar, and butter together. Pat into 9X9 inch pan.

**Job Opportunities at Morris Health Services**

Looking for a rewarding JOB? Morris Health Services is looking for caring individuals to fill a variety of positions. Check out all open positions below.

**West Wind Village:**
- RN/LPN: Full and Part time – PM and NOCs
- NAR: Full and Part Time – All Shifts
- Part Time PM Cook

**Skyview:**
- Resident Assistant: Part Time or Casual – All Shifts

Reach out to HR with any questions, 320-589-7901. To apply check out [www.jobswithus.org](http://www.jobswithus.org): Search for West Wind Village or Skyview.

**Thaw & Marinate**

Harmful germs can multiply quickly at room temperature. Thaw food safely in the refrigerator, cold water, or microwave. Always marinate food in the refrigerator no matter what kind of marinade you’re using. Never thaw or marinate meat, poultry, or seafood on the counter.

**Don’t Cross-Contaminate**

Throw out marinades and sauces that have touched raw meat juices, which can spread germs to cooked foods. Use clean utensils and a clean plate to remove cooked meat from the grill. Do not place cooked meat back on a plate that held raw meat.

**Cook**

Use a food thermometer to ensure meat is cooked hot enough to kill harmful germs. When smoking, keep temperatures inside the smoker at 225°F to 300°F to keep meat at a safe internal temperature while it cooks.

When grilling, cook to:
- 145°F—whole cuts of beef, pork, lamb, and veal (then allow the meat to rest for 3 minutes before carving or eating)
- 145°F—fish (or cook until the flesh is opaque and separates easily with a fork)
- 160°F—hamburgers and other ground beef
- 165°F—all poultry and pre-cooked meats, like hot dogs

**After grilling, keep food hot:**
- 140°F or warmer—until it’s served