Resident Profile: Mary Ann Mayhew
Employee Profile: Oom Hoyer
Meet New Employee Sophie Ascheman

Happenings at West Wind Village

The Bratton family shared their special day with Grandma and others who were able to watch out their windows.

Dancers from Footnotes Dance Studio performed on the lawn.

Horses were among the visitors who came to see residents through their windows.

Staff and residents celebrated with Deacon Stan Hennen on the occasion of his retirement.

Staf members dressed up for Halloween.

Performances

Visits

Morris Health Services Advisory Board
Karen Long  Carla Riley
Pastor Dell Sanderson  Tim Gramm  Paul Rentz
Greetings from Morris Health Services. We are transitioning into yet another season and unfortunately, Covid-19 is still very much at the forefront of our lives. Most of us have never experienced a pandemic and couldn’t even imagine the world we are living in today. I have been in and around healthcare for thirty years and never thought we would all be wearing masks, social distancing, testing residents and staff weekly, let alone locking our doors to visitors and families.

As you are well aware, the past eight months have been a very long and difficult time for everyone since Covid-19 changed how we live, work and socialize. Unfortunately, no one has been impacted more than the residents living in care centers and their families. It has been a continual struggle to balance our residents’ physical safety and their mental and social well-being.

Nursing facilities have been closed to all non-essential visitors since mid-March with only limited visitation due to regulations from the Minnesota Department of Health, Center for Medicare & Medicaid Services and the Center of Disease Control. Of course, the intent of these regulations is to keep our elders safe, since Covid-19 is extremely deadly to elders residing in long-term care facilities.

Morris Health Services is following these regulations and working hard to keep our residents at both locations safe. Entrance into the buildings is controlled, anyone who enters our buildings is screened for Covid-19 and is required to wear personal protective equipment (PPE) such as masks, eye protection, gloves and gowns when necessary. We are testing staff and residents here at Skyview!

As I am very excited to be back working with the staff and residents here at Skyview!

So I am looking forward to helping make this a friendly, welcoming environment.

During these uncertain times, it is difficult to know what to do other than pray; therefore, I would like to close in prayer.

In Days of Uncertainty
(Catholic Healthcare Association)

Loving God, we come to you full of anxiety about what may happen in the coming days and weeks. Shower us with the peace Jesus promised to his disciples, and make us into steady pillars for those around us. In this time of uncertainty and epidemic, wake us up to the reminder that we are not alone.

Even as we are asked to keep our distance from others, help us to find ways to reach out to those who need our support. We pray especially for those whose incomes and livelihoods are threatened. For the children who miss meals due to school closures. For those already isolated, lonely and scared. Loving God, give them your peace, and through our hands ensure they have what they need.

Sustain, strengthen and protect all caregivers. Bless them as they offer compassionate care and show selfless courage in the face of risk. Remind us, each time we wash our hands, that in our baptism you call us to let go of our fears and live in joy, peace, and hope. Amen.

May God Bless our residents, families, staff and community during this holiday season. As always, if you have any questions, please feel free to reach out to me at (320)589-7900.

Stan Hennen
We may not always get what we want but we may have to face, and again have a smile on our face to overcome the Coronavirus and whatever else we will face. Even when it seems very dark and we wonder if we could have gotten through it but not living with him. She is now pregnant as she faced a very uncertain future after God revealed that the child she was carrying was indeed the child of God. I many times think of Jesus' mother, Mary, how her forefathers, or even our parents, experienced in difficult times and working very hard to keep our residents safe. We have been following the Minnesota Department of Health (MDH) and the Center for Disease Control and Prevention (CDC) recommendations and regulations very closely so our residents stay safe and healthy. These have been difficult times for our residents, their families, as well as our staff. As I was thinking about these difficult times, our residents came to mind. I wondered how our residents got through difficult times in the past; so I reached out to a few of them for some guidance on how we can carry on and get through this pandemic. Their advice was: "We can't have everything perfect in this world so we have to bear it. Laughter beats crying. Stay active-read a lot, play Bingo, do needlepoint, talk to your family and friends on the phone, count your blessings. I have found so many friends here through my care givers and other residents. Don't let people anger you, if they do, walk away because they already lost the battle. Try and obey what they tell us to do. Shut off the TV because it upsets you, seeing all that stuff on there. Pray every day to the Lord. He is the only one who can stop it. Wear your mask. Distancing is a good thing. Pray a lot, it works for me-I don't have a lot to worry about when I'm here. Have to have faith and the world will go on, I've lived 91 years and things seem to straighten out. Follow the rules. Exercise. Read, read, read Christian books and your Bible. Remember God has a plan. That's some wonderful advice! We will continue working hard to keep this virus out of our facility and successful transition home. Recover Home Health Care, to allow for continuity of care and successful transition home.

Big Stone Therapies therapy staff attend continuing education classes regularly to provide the most up to date evidence based treatment options including certified hand therapy, speech pathology services, dry needling, pre and post-operative care, cupping, Graston IASTM, falls and balance, sports rehabilitation, vestibular rehabilitation and pain management!

Let us know if you are experiencing any joint pain, recent surgery or have any difficulty with swallowing, speaking or memory tasks. We accept many insurances. Our staff would be happy to help you improve your health!

Call us to make an appointment today at 320-585-5395.
Veterans’ Day at West Wind Village

Christmas greetings from West Wind Village

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. Recently increased wages and NEW sign-on bonus! Check out all open positions below.

**Skyview Senior Living:**
- Full and Part time Resident Assistant: PM and Night Shifts
  - **Sign on Bonus Full Time - $2,500 and Part Time - $1,200**

**West Wind Village:**
- Full and Part time RN/LPN: PM and Night Shifts
  - **Sign on Bonus - $3,000**
- Full and Part time CNA: All Shifts
  - **Sign on Bonus Full Time - $2,500 and Part Time - $1,200**
  - Full Time Housekeeping: Day Shifts
  - Part Time Dietary Aide: Variety of Shifts
  - Full Time Cook/Aide: Variety of Shifts
  - **Sign on Bonus for Full Time - $1,500**
- Full and Part time Activity Aide: Variety of Shifts

Reach out to HR with any questions, 320-589-7901. To apply check out [http://mhs.sfhs.org/employment/](http://mhs.sfhs.org/employment/) *Best results using Chrome*

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**A Resident Favorite**

Layer Strawberry Pretzel Salad

**INGREDIENTS**

**TOPPING:**
- 2 4-Serving package of Jello Strawberry flavored gelatin
- 2 Cups boiling water
- 2 16-oz Frozen Strawberries, thawed

**CRUST:**
- 2 Cups crushed pretzels
- ¾ Cup butter, melted
- 3 Tablespoons sugar

**FILLING:**
- 1 8-oz container Cool Whip
- 1 8-oz package cream cheese

**INSTRUCTIONS**

1. Dissolve gelatin in boiling water. Stir in strawberries, refrigerate until partially set, about 1 hour and 45 minutes.
3. In medium bowl, beat filling ingredients with mixer until smooth. Spread over cooled crust. Cover and refrigerate until cool and gelatin topping in bowl is partially set.
4. Carefully spoon gelatin topping over filling. Refrigerate 4-6 hours or until firm.
5. Cut and enjoy!!