Happenings at West Wind Village

COVID-19 vaccine

Celebrating the arrival of the COVID-19 vaccine

Holiday

Celebrating Cinco de Mayo with a piñata

Performances

Enjoying Jerry’s Dance Band, one of several concerts held recently

Activities

Residents with their colorful flower wreaths

Community Picnic

at West Wind Village

Wednesday, August 4

5-6:30 p.m.

More details to be announced.

Also in this issue...

Resident Profile: Gordon Alfson & Betty Gullickson

Employee Profile: Cara Smith

Morris Health Services Advisory Board

Karen Long Carla Riley

Tim Gramm Paul Rentz
From the Desk of the Administrator

Paula Henrickson

Greetings from Morris Health Services. A new season is finally upon us and even though COVID-19 is still a threat, it is no longer at the forefront. As health-care providers, we are very thankful for the vaccine and are excited to announce that 100% of the residents at Morris Health Services, West Wind Village and Skyview Senior Living are vaccinated! Approximately, 63% of the staff are fully vaccinated and a handful more are scheduled for the second dose. We are very blessed that West Wind Village hasn’t had a resident contract COVID and want to thank everyone for their help this past year keeping our residents safe.

A quick COVID update: residents, who are fully vaccinated, can finally gather together at meal times and activities without masks and visit with each other. It is great to see their smiles as they reconnect with one another! Both West Wind Village and Skyview Senior Living are open to indoor visits and visitors have been pouring in. It was great to have so many visitors for Mother’s Day! While we are still diligent in our efforts to prevent COVID, we are finally moving on to new and more exciting endeavors. West Wind Village continues to be ranked a “5 Star” facility from the Center of Medicare & Medicaid Services and is working on many performance improvement initiatives such as a robust falls prevention program and an infection reduction grant. We are working hard to submit an organizational profile to the Performance Excellence Network, as well as implementing “Safe Care for Seniors” which is a program to improve safety in long-term care. We are also busy with culture change and implementing a “Just Culture” which focuses on improving our processes.

At Skyview Senior Living, we are very excited to announce the addition of a new kitchen at Skyview Plaza which will provide meals to both Skyview Plaza and Skyview Court. We are hoping to break ground the beginning of June and have it completed by this October. We are developing a new menu with additional choices for residents and improving the quality of meals. At Skyview Plaza, we have added a rehab apartment that is fully furnished where you can come to recover and receive physical, occupational and speech services. We are also continuing to develop the activities and volunteer program. If you are interested in a volunteer opportunity, please reach out to Sophia at Skyview Plaza at 320-589-4852. Additionally, Skyview Plaza is now home to Rural Rehabilitation Services partnered with Big Stone Therapy Services, Inc. to provide physical, occupational and speech services to the community. This new and improved location has additional space and underground parking with the same trusted therapists. This is a great opportunity for the residents at Skyview Senior Living to receive therapy in their own apartments or to come down to the clinic for services.

Morris Health Services also owns and operates Walnut Court which is an 8 unit apartment complex for those 55 plus in Hancock. We are giving it a face lift this spring with new paint, décor, landscaping and signage. There are one and two bedroom, spacious apartments available that overlook the ballpark. It is ideal for those who are tired of all the work that goes into home ownership.

Furthermore, Morris Health Services provides secure memory care and hospice care at both West Wind Village and Skyview Senior Living. As you can see, Morris Health Services offers a full continuum of long-term care services making transitions smooth between settings. Our mission is “Expressing Christ’s love by providing care that values every human life”; please let us know how we can serve you or a loved one. Thank you so much for your understanding and support this past year as we navigated through the COVID-19 pandemic and these unprecedented times. As always, if you have any questions, please reach out to me at 320-589-7900.

Enjoy the beautiful weather and spending time reconnecting with families and friends this summer.

In Christ’s Love – Paula Henrickson, Administrator

COVID-19 vaccine clinic:

Employee Profile:

Cara Smith

I was born: In Carroll, Iowa
My occupation: Laundry and Housekeeping
Years at West Wind Village: 17
My family: 2 boys, 1 girl and 4 grand boys, 2 dachshunds – Harley and Baylee
My interests: Camping, Fishing, Horseback – Anything outside and spending time with family
My favorite movie: I don’t have a favorite but like Horror and Action
My favorite food: Fresh fruit
My favorite music: Anything
My favorite season: Summer
A favorite place I’ve traveled to is: Been to many places. But love going back home to Iowa to see family
A person from history that I admire is: Not sure
The person who had the greatest influence on me was: Both my parents!
One of my favorite childhood memories is: Living in the country and hanging with friends
Any Fun Facts : I love dressing up for the residents to make them laugh and smile

Strawberry/Rhubarb Jam

INGREDIENTS
4 C. PREPARED FRUIT (ABOUT 1 QT FULLY RIPE STRAWBERRIES AND 1 ½ LB FULLY RIPE RHUBARB
½ CUP WATER
1 PACKAGE SURE-JELL FRUIT PECTIN
½ TSP. BUTTER
6 CUPS SUGAR
INSTRUCTIONS
1. WASH JARS. BOIL IF GOING TO CAN THE JAM, BUT THIS FREEZES NICELY SOO IT DEPENDS ON WHERE YOU HAVE ROOM TO STORE!
2. REMOVE STEMS FROM STRAWBERRIES AND DISCARD. CRUSH THOROUGHLY. MEASURE EXACTLY 2 ½ CUPS PREPARED STRAWBERRIES INTO 8 QT. STOCKPOT. FINELY CHOP RHUBARB. PLACE IN SEPARATE MEDIUM SAUCEPAN. STIR IN WATER, BRING TO A BOIL. REDUCE HEAT TO MECILOW, COVER, SIMMER 2 MIN. OR UNTIL RUBARB IS TENDER. MEASURE EXACTLY 1 ¾ CUPS PREPARED RUBARB INTO SAUCEPOT WITH STRAWBERRIES AND MIX WELL.
3. STIR IN PECTIN INTO SAUCEPOT. ADD BUTTER TO REDUCE FOAMING. BRING MIXTURE TO FULL ROLLING BOIL ON HIGH HEAT, STIRRING CONSTANTLY. STIR IN SUGAR. RETURN TO ROLLING BOIL FOR EXACTLY ONE MINUTE. REMOVE FROM HEAT. SKIM OFF FOAM WITH METAL SPOON. 4. LADLE INTO JARS WHILE HOT LEAVING FILLING ¼ FROM TOP. WIPE JAR RIMS. COVER WITH LIDS. SCREW TIGHTLY. PLACE JARS IN FREEZER OR BOIL TO CAN.

 Walnut Court

Individual and two bedroom apartments available!

680 7th St Hancock, MN 55934
Contact: 320-589-4749 for more information

Third month rent free!
We all have our own opinions and our own beliefs. As children, our parents were first to teach us our cultures, traditions, rituals, and beliefs. They established family traditions including some faith-driven rituals such as daily prayer, sharing family meals, attending weekly church services just to name a few. We did this first of all, because we did what we were told; secondly it was viewed as “proper” or “normal” in our society. As we get older, we hold our opinions and beliefs to a deeper, higher standard. But what true meaning was immersed in those rituals and how do they affect us today?

Many family rituals are set to help us develop good morals, good values, responsibility, accountability, positivity, and kindness towards one another. Though some rituals vary from family to family, this is the object of our parent’s goals. The adult’s role is not only to teach and enforce, but to help develop those qualities by setting the example.

Rituals offer more than what we see. They offer consistency, a sense of connection; a sense of security, stability, and trust. Rituals offer memories. As adults, we fall back on our experiences as children to also form our interpretation of the world. We tend to practice what we learned as children to also form our reaction to events we incur. At times, we may alter some of those traditions, due to circumstances in our lives. The bottom line is how we treat others and do they affect us today?

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 our nursing staff. 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 nurses staff luncheon on Nurses Day, May 6th. The luncheon was just a small token to show our appreciation for all the extra work they have done during this pandemic. Our nursing team have prided themselves in keeping all our residents free of this deadly virus; to do so they have followed our infection control procedures, including wearing their masks and eye protection the entire shift, many of our nursing staff limited their own contact with others away from work, delayed travel and vacation plans, and became vaccinated so our residents would remain safe and virus free. For this dedication I am forever grateful. Once again, Thanks Nursing Staff for all you do!

From the Director of Nursing

Jody Cunningham

Big Stone Therapies continues to provide physical, occupational and speech therapy to residents at West Wind Village. Our outpatient clinic is now located in the lower level of Skyview Plaza where we provide services to the surrounding community. April was National Occupational Therapy Month and May is Better Hearing and Speech Month. Below are descriptions of what our talented occupational therapy team and speech therapist can do to serve you.

Occupational therapy addresses the needs of individuals across the lifespan to improve fine motor coordination, sensory impairments, strength and range of motion deficits, cognitive impairments, and independence in activities of daily living also called occupations. Chelsea Hodenfield, OTR/L CHT and Nicole Gades, COTA/L work with children with delays in development; adults with injuries, diseases, or fractures limiting work; and older adults having difficulty with maintaining independence. We are specialized in making adaptations to certain tasks and/or the environment and incorporating functional activities into rehabilitation.

Speech Language Pathologists (SLP’s) work with some of the most functional skills: eating, thinking, and communication. SLP’s work with patients across the life span from toddlers to geriatrics. The areas SLP’s work with include language, literacy, speech, swallowing, cognition, social communication, stuttering. SLP’s may work with patients with speech/language delays, phonological disorder, Autism Spectrum Disorder, cerebral palsy, developmental delay, post CVA, Parkinson’s Disease, upper airway disorders, however this is not an exhaustive list. Angie Thorfinnson, M.S. CCC-SLP is happy to provide services at the Morris location.

If you or a loved one is facing any of these concerns and are interested in an evaluation, ask your doctor for a referral or call Big Stone Therapies at 320-585-5395.
Job Opportunities at Morris Health Services

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

Skyview Senior Living:
- Full and Part time Resident Assistant: Various of Shifts
- Full Time LPN: Day Shift

West Wind Village:
- Full and Part time RN/LPN: PM and Night Shifts
- Sign on Bonus $5,000
- Full and Part time CNA: All Shifts
- Sign on Bonus $1,000
- Full Time Housekeeping/ Laundry Aide: Day Shifts
- NEW INCREASED WAGES
- Sign on Bonus for Full Time $500
- Full and Part Time Dietary Aide: Variety of Shifts
- NEW INCREASED WAGES
- Sign on Bonus for Full Time $500
- Full and Part Time Activity Aide: Variety of Shifts
- NEW INCREASED WAGES

Reach out to HR with any question, 320-589-7901. To apply check out www.jobswithus.org: Search for West Wind Village or Skyview

WWV Resident Profile

Betty Gullickson
I was born: In Cottonwood County in the country outside of Revere, MN.
My occupation was: Well, to start I taught school for two years. Then I worked at an egg plant to make money for school. After that I moved to California and worked at Douglas Aircrafts for 10 years. Then my husband wanted to move back to Minnesota to farm so we had a farm house by Walnut Grove, MN. I worked at the bakery there for 26 years.
Length of stay at WWV: I started out at Skyview Plaza for 7 years. Spent 4 months at the Courage Cottage before coming here in May 2019. Been here 2 years.
My family: I have 12 siblings and I am the oldest girl. I have one daughter that lives in Chokio, MN and my husband passed away in 2007.
My interests include: I like to exercise, do crossword puzzles and play bingo.
My favorite food is: I am not too fussy of an eater but I really like ribs.

Skyview Resident Profile

Gordon Alfson
I was born: June 11, 1922 in MN.
My occupation: I was a farmer, carpenter, worked for Dayton’s, and ran a lumber yard.
My family: My wife Ruby and I were married for 72 years. We had two children, Connie and Marlin.
Pets I have enjoyed: My dog Indie was a German shepherd and collie mix.
My interests/hobbies: I enjoy golfing, ice fishing, hunting, and trapping mink.
My favorite movie: I don’t have one!
My favorite food: Pork and beans of course!
My favorite music: Country.
My favorite season: Summer! Gotta love the sunshine.
A perfect day: Going hunting.
My first car: Model A Ford.
A memorable event in my life: I haven’t had it yet. It will be the day I turn 100!
A word I’d use to describe myself: Musical
The person who had the greatest influence on me: My mother.
One thing I marvel at: Learning how to drive a model T!
One of my favorite childhood memories: Learning how to ride a bike!

The person who had great influence on me: My parents.
One thing I marvel at is: The time I spent/spend with family and love when we are all able to get together at large family gatherings.
One of my favorite childhood memories: My family and I were really close growing up and I cherish the time we all spent together.

Planting flowers