

# COURIER

Official newsletter  
of the  
Talahi Senior Campus

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Talahi Senior Campus is excited to announce the new Best Age Program. This program is a fitness program tailor-made for seniors in nursing homes. The program is made available through a pay for performance grant from the Minnesota Department of Human Services.

The program, which kicked off in July, cur-

rently has 19 residents actively participating in the program 6 days each week. The program was established by Care Ventures, a group that continues to work on improving the lives of seniors.

Best Age is dedicated to helping older adults achieve their optimal health and well-being and to live life to the fullest at any age. At Talahi, the residents are assessed by an exercise physiologist. They are then given an exercise prescription which

is carried out by trained exercise techs that are members of the Recreation Department here at Talahi.

In the short amount of time the Best Age Program has been implemented, residents participating have lost weight and improved on transferring abilities and balance.



## Residents attend Riverbats Game

What is summer without baseball? The residents of Talahi attended a couple Riverbats Games this season with the assistance of our Therapeutic Recreation staff. Families were invited to attend the Sunday, August 5th game with their loved ones. All who attended enjoyed the day complete with baseball, hotdogs and popcorn.



## Making the Most out of Your Visits.....

By Amy Comstock

An essential ingredient in the well being of a nursing home resident is the continued contact and support of family members and friends. The same goes for the family members and friends who also need to feel close to the residents. Many find it difficult to keep conversations interesting and the visits rewarding for both. As the visits become more difficult, the visits become less and less. Eventually the resident can become depressed and isolate themselves, which may result in declining alertness and health conditions.

Here are some tips for successful visits.

- \* Put yourself in the resident's shoes- Think about the simple things you would miss if living in a nursing home. Whether it be a special treat or car ride to a favorite place or meeting up with the Friday night card club they used to be involved in. Talahi staff will be here to assist in helping with transportation.
- \* Check the Campus Daily Event Planner- We strongly encourage all family members and friends to attend any activity or outing with residents. If you would like to host an event just let us know and we'll make sure to get it on the calendar.
- \* Plan your visits - Although drop in visits are a great surprise, many times the resident will decline offers to attend activity groups if they think they might have a visitor. Residents look forward to visits, so be consistent and don't be afraid to call if you can't make it. We will be glad to pass on the message
- \* Find ways to stimulate discussion- Bring items from home such as scrapbooks, certain music the resident used to like, craft items, hometown newspapers, specialty magazines geared towards a hobby or interest of theirs. Talahi also has other items you can ask for such as a deck of cards and cribbage board, dice, puzzles etc.
- \* Don't talk around or at the resident: At times there may be more than one visitor at a time. Often times it is very easy to get wrapped up in a discussion with each other rather than including the resident in the conversation. Also it is good to remember that periods of silence are okay. Residents are just excited to have your visit and don't necessarily need conversation.

A few last reminders to keep in mind:

- ⇒ Your visits will always mean something.
- ⇒ Frequent visits will help family ties remain strong.
- ⇒ Some visits will be better than others, accept this and come back another day.
- ⇒ Visits don't have to take place in resident rooms, if fact it would be better if they were in a well lit, stimulating environment such as the lounge or park area. Make sure to ask the staff if the resident needs assistance.

*And lastly, please remember you are very important to the resident even when they cannot express it. You make life meaningful for them!*

## CHAPLAIN'S CORNER

By Steve Yanish

***“Where two or more are gathered in my name.....”***

I continue to be pleased and encouraged by the number of family members and friends who are making the effort to attend and participate in our chapel services with the residents. Our services are purposely scheduled at convenient times that allow visitors to join us. We have both Catholic and Protestant services on **Sunday mornings** as well as on **Tuesday afternoons**. Local priests celebrate Mass several times each month and also offer the opportunity for individual private confession. **Anointing of the Sick** is provided several times throughout the year and upon individual request. Local Protestant ministers and Lay speakers volunteer their time to provide meaningful services. We have a schedule posted near the chapel en-

trance. We have a different service leader each week. This arrangement allows the residents to experience many diverse messages and styles of delivery. We also celebrate the lives of our past residents who have passed away by offering a **Memorial Service** in the Spring and in the Fall. Family members and friends are invited to come and be a part of these services.

Our newly renovated Chapel is now available 24/7 as a quiet and peaceful place to reflect and pray.

At Talahi Senior Campus we believe that Spiritual Care is a very important part of our residents' lives. We strive to meet the needs of all our guests regardless of their faith preferences. We draw on local resources to help us respect and accommodate the people we are here to serve.

Individual room visits are also an

integral part of our ministry. The visits may be private with just the resident or they may include family members and friends. The visit may also include Communion upon request.

We are currently looking at re-establishing a Scripture Study and are seeking a leader for these discussions. This would be an ecumenical, non-denominational session open to all interested persons. It could be almost any day of the week. Time of the day is flexible and an evening time would surely be considered as well. If you or someone you know may be interested, give me a call at 251-9120.

As we “Fall” into Autumn, let's remember to thank our generous and loving God for the seasons of the year and also for the seasons of our lives.

## Resident & Employee-of-the Month



June 2007

Employee Michelle Merchant,  
Registered Nurse,  
Hired January 2007

Resident Richard Rood has been a resident of Talahi since August 2006. Richard is originally from Minneapolis and was a truck driver for 25 years. He has 6 children and 18 grandchildren. Richard was an avid fisherman on Minnesota's 10,000 lakes. Richard loves to tell the stories behind all the pictures he has in his room. He also spends time watching movies.



July 2007

Employee Pam Jacobson,  
Nursing Assistant,  
Hired September 1988

Resident Art Larson has made Talahi his home since March 2006. Art is originally from Illinois. Art was the head of the History Department at Westmar College in Iowa for many years. When he was not teaching, you would probably find him on the golf course either playing the game or coaching the college golf team. Art has also written five books. Art and his wife, Betty Lou have 1 daughter.



August 2007

Employee Dena Hanson,  
Housekeeping,  
Hired September 2006

Resident Lorraine Koska, has made the Rosewood Specialized Programming Unit here at Talahi her home since February 2005. Lorraine is from Avon, Minnesota and was married to husband, Bill for 57 years. They have 2 children. Lorraine's hobbies included quilting, cooking and dancing. She also enjoyed the time she spent traveling around the world with Bill.

## Comings and Goings

(May 22, 2007 — August 29, 2007)

### Welcome

Crescence Ferschweiler  
Charles Klein  
Carlos Viray  
Luverne Rassier  
Larry Peacock  
Dorothy Helms  
Don Tenvoorde  
Lillian Dobow  
Kathryn Stromberg  
David Nelson  
Monica Schleper  
Richard Tichy  
Ruth Peterson  
Bobby Trainer

Joseph Demarais  
Amanda Ramey  
Leona Bormes  
Bernetta Bonovsky  
Margaret Lundeen

### Best Wishes

Jean Berger  
Marjorie Johannes  
Richard Hartman  
Fr. Leon Slominski  
Gordon Beilke  
Arlean Suckert  
Carol Josephs  
Hanna Gertken

Florence Anderson  
Geraldine Winkleman  
Donald Mampel  
Julie Griffiths  
Lucille Quigley  
Lloyd Zager  
Enid Wilson  
Herbert Athman  
Ronald Wobbrock  
Lynn Goodwin  
Evelyn Sakry  
Charles Sutton  
Roger Bentrup  
Carolyn Ruggles  
Andrea Erlacher  
Charles Sutton

### Sincere Sympathy

Maybelle Ingwell  
Lawrence Nelson  
Ernest Johnson  
Wayne White  
Walter Lueders  
Elvin Dietman  
Anne Kray  
Janice Walker  
Louisa Johnson  
Leona Shaw  
Jennings Anderson  
Gregory Fernholz

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# Oktoberfest 2007

at Talahi Senior Campus



Sunday, October 14th, 2007  
Food will be served from 12:30-  
4:00 pm

Live German Music

Crafts for the

Cold Beer



Special German activities daily  
October 8th - 12th  
See daily Event Planner



If you know anyone who would like to be added to our mailing list, or to remove your name, please contact us.

**TALAHİ SENIOR CAMPUS**

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At **Nature's Point**, we understand that staying connected to family and friends is important and that contributing to the community and being productive brings fulfillment to your life. Our on-site professionally staffed Health Care Center is here to support these goals. Community features include; elegant dining, internet access, private dining rooms for family gatherings, movie theater for viewing movies or family videos, beauty salon/barber shop, library, outdoor walking paths, and comfortable sitting and visiting areas throughout the community. A variety of apartments are available to choose from that will suit your situation, from a comfortable studio to one and two-bedroom apartments, designed with your comfort and safety in mind.

Visit our web-site or stop in for a tour. Let us take care of the chores, so you're free to get out and enjoy the day.



**Talahi Care Center** is available to meet your health care needs. Whether you are in need of a short stay in our Park View Rehab area for therapy following a hospital stay or you need an extended stay to meet increasing care needs on our skilled nursing floor or memory care unit. Talahi Care Center's staff provides you with the personalized care you deserve. You are always welcome here at Talahi!

**Adult Day Services** – With the growing interest from the State of MN on community care alternatives, adult day centers are becoming a preferred choice of care. Day Services provide necessary health care and social support, opportunities for friendships, and keeps families together longer. Its cost-effectiveness for caregivers, makes day services a viable option in community care alternatives. Funding options, in addition to paying privately, include long term care insurance, Veteran benefits, and county assistance. Talahi Adult Day Services is available Monday through Friday to provide; a nutritious noon meal, exercise, health education, a variety of activities throughout the day, bathing, transportation, and health monitoring. Day Services is a program that benefits the whole family. Anyone interested in registering for the adult day program may contact the Center at (320)251-9120.

