

# COURIER

Official newsletter  
of the  
Talahi Senior Campus

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The **COURIER** is published quarterly with letter/article deadlines due as follows:

Spring - Feb 1  
Summer - May 1  
Fall - Aug 1  
Winter - Nov 1

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## Best Age Program

Here at Talahi we are starting to reap the benefits of the Best Age program. We are using the Nustep as an intervention to prevent sundowners, wandering and exit-seeking behaviors. This intervention came to us shortly after the start of the program, when we had two new admissions of independently ambulating residents to our memory loss unit. Both residents are very attached to their spouses and they were constantly looking for them and trying to leave the locked unit. Over the course of a few weeks, the behaviors decreased to a manageable level after starting the Nustep and took a great deal of stress off the care

giving staff.

Rose started working out on the Nustep near the end of her PT/OT therapy after a knee surgery. Rose participated in both classes and Nustep till shortly before her second knee surgery. Due to her hard work, she has recovered faster from surgery and now we are getting word for nursing staff that she is attempting to self-transfer in her room. Before Best Age, she was looking at a permanent nursing home placement. I am happy to report that assisted living is now a possible future option for Rose.

Harlan, a resident on the memory loss unit, has needed the assistance of a CNA to get from a sitting to



standing position for about 9 months before he started the Best Age program. Three weeks after he started Best Age, he got up on his own out of a recliner. It was shocking and exciting for the TR staff to see the change. Last week during an Interdisciplinary meeting, it was reported that Harlan now needs pull ups because he is independently toileting himself. A member of the nursing staff said "since when", the TR director got the great pleasure of saying "Since he started the Best Age program".

## Talahi Senior Campus Holiday Open House

**Date: Sunday December 2, 2007**

**Time: 2:00 -4:30pm**

**Family Portraits**

**Quilt Raffle**

**Back by popular demand the live music of:  
TOWN AND COUNTRY**

**Visit from Santa**

**Silent Auction**

**Fantastic Food**

**Craft and Bake Sale**



# Heartland

## HOME HEALTH CARE & HOSPICE

Heartland Home Health Care and Hospice is delighted to partner with Talahi Senior Campus. November is National Home Care and Hospice month and during this time, Heartland wants to celebrate our partnership. Heartland Hospice is dedicated to providing patients with end of life care and home care wherever they consider home. Our care is tailored to fit the patient's and family's unique situations. Heartland's car-

ing philosophy focuses on promoting wellness of the mind, body and spirit throughout our patient's health care journey. Planning for care includes identifying the patient's goals and the potential obstacles from an injury, surgery or illness and disease self-management. At any time, our team will be happy to tell you more about Heartland's philosophy of care and services. Feel free to contact our office without obligation at 320-654-1136.



### *Happy Halloween!*

Talahi Senior Campus Staff and Residents were encouraged to dress up for Halloween. Costume judging was held in the afternoon. Pictured here are those that participated:

Back Row: Nicolette Gamache, Kenndy Lewis, Amanda Stach, Dorothy Kosloski

Front Row: Michelle Bauer, Dorothy Saiko, Jessica Baker, Amanda Ramey

## CHAPLAIN'S CORNER

By Steve Yanish

It may seem a little old fashioned, but I still like to send and receive Christmas cards. It is a good way to reconnect with friends and relative that we don't see or visit with on a regular basis. I exchange cards with people I may not have seen for a year or more. The only contact we may have had in awhile is last year's card. Writing cards can actually be a tough job though. You have to go out and buy the cards and there is such a variety of cards to choose from that getting just the right ones is work in itself. The you have to make your list of who to send to. This, too, can be time consuming. Then you have to get all the correct

addresses and write them on the envelopes. Then you can affix your return address labels and your postage. Stamps are getting to be a major expense nowadays, too. Then you have to do the toughest job of all: writing a note in each card. Here is where some people cheat and write a lengthy (and usually boring) "Christmas Letter", make copies and send it to everyone on their list. To be truthful, I often don't even read those things. I would much rather receive a short handwritten note on the inside of the card. That is what makes the pleasantry of sending cards a bit of a challenge. The challenge is to be creative enough not to write the same exact message

in each card. On the other hand, when we look at Saint Paul's letters to the early churches, he always started them with the same message: a blessing actually: "May God our Father and the Lord Jesus Christ give you grace and peace". Then Paul would go on to say "I thank my God for you every time I think of you".

What a perfect message! I know I would be happy to receive that message from anyone.

Ant that is my prayer for all of you; that your loving and generous God will give you grace, peace and love this holiday season. MERRY CHRISTMAS!

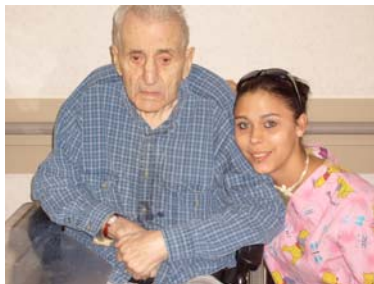
## Resident & Employee-of-the Month



September 2007

Employee Amanda Stach,  
Exercise Technician,  
Hired August 2006

Resident Lorraine Betzold has been a resident of Talahi since February 2007. Lorraine and her husband have been married 53 years, have 4 children and 3 step-children. They also have 15 grandchildren and step-grandchildren to help fulfill their lives.



October 2007

Employee Cassie Dahlmeier,  
Nursing Assistant,  
Hired March 2007

Resident Earl Spengler has been part of the Talahi family since June 2006. Earl and his wife Mabel raised 8 children and are very involved in the lives of their 14 grandchildren and 20 great-grandchildren. All of us here at Talahi are mourning the recent death of Earl on October 23, 2007



November 2007

Employee Karen Ampe,  
Quality Assurance Nurse,  
Hired November 2006

Resident Rose Pollard, has made Talahi her home since May 2006. Rose has 5 siblings, two of which are twins. In fact, there are seven sets of twins in Rose's extended family. Rose loves to do puzzles and watch TV. Rose has been very active in our Best Age Program where she has gained strength and lost a lot of weight. Good going Rose!

## Comings and Goings (August 30, 2007 — November 9, 2007)

### WELCOME

Jean Schroeder  
Marie Messer  
Lynn Goodwin  
Bertil Swenson  
Marlys Kingbird  
Grace Schroeder  
Joseph Spanier  
Merrill McKibben  
Genevieve Alexander

Florence Anderson  
Clinton Cornelius  
Adelbert Hanson  
Mary Leason  
Alphone Feldhege  
Shirley Gast  
Mary Corliss

### Best Wishes

Vincent Warzecha  
Charles Klein  
Dale McFeters  
Evelyn Sakry  
Elizabeth Menke  
Bobby Trainor  
Lillian Dubow  
Bernetta Bonovsky  
Laverne Rassier  
Helene Lorton  
Delmar Koenig  
Margaret Lundeen  
Kathryn Stomberg  
Leona Bormes

### Sincere Sympathy

Darrell Arndt  
James Kuhlmann  
Bert Teal  
Gilbert Fischer  
Caroline Wildman  
Kenneth Cameron  
Kari Bevans  
Walter Roshia  
Earl Spengler  
Shirley Parker  
Don Barthel



Talahi Courier  
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**Mark your  
calendar!**

**Talahi Senior Campus  
Holiday Open House**

**Sunday December 2, 2007  
2:00 –4:30pm**

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

**TALAHI SENIOR CAMPUS**

**(320) 251-9120**

**[www.talahicc.com](http://www.talahicc.com)**

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.

