



Minnewaska

COMMUNITY HEALTH SERVICES



Warm Greetings!





HOLLY RIDGE MANOR HAD A BUSY HALLOWEEN DAY FULL OF FUN AND TRICK OR TREATERS FROM GLACIAL HILLS ELEMENTARY SCHOOL



HALLOWEEN FUN!



CRAFTING FUN AT GLACIAL TRAILS WITH LEAVES FROM OUTSIDE.



STAFF AT MLH HAD A BLAST CELEBRATING HALLOWEEN WITH THE RESIDENTS.



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HOFFMAN SENIOR LIVING HAD FUN PASSING OUT CANDY TO THE
MESSIAH LUTHERAN CHURCH-HOFFMAN SUNDAY SCHOOL KIDS

Hoffman Assisted Living Christmas Party
Saturday, December 10th 2:00pm-4:00 pm

Holly Ridge Manor Family Christmas Open House
Sunday, December 11th, 2022 from 2:30-4:30pm

CHRISTMAS TEA AT
MINNEWASKA LUTHERAN HOME
AND GLACIAL TRAILS MEMORY CARE

DECEMBER 11, 2022



1:30pm Worship Service
2:30 pm Tea at Minnewaska Lutheran
Home & Glacial Trails

Board of Directors

Kayo Aslagson- Chairman
Minnewaska Lutheran Church

Peter Brandt- Vice Chairman
Trinity Lutheran Church

Bob Hendrickson- Treasurer
Member at Large

Faith Anderson- Secretary
St. John's Lutheran Church

Alice Reese- Director
West Zion Lutheran Church

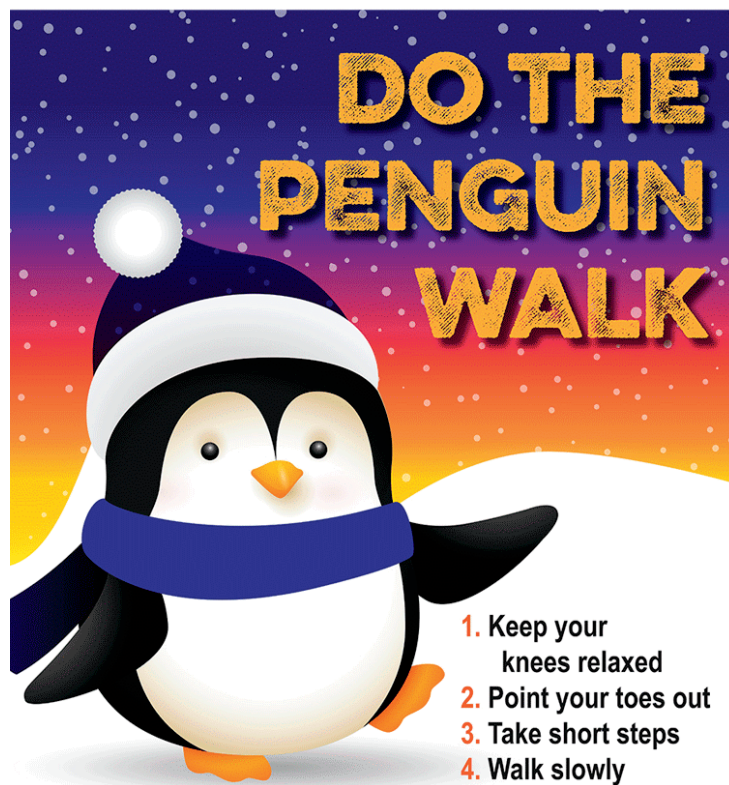
Stan Stark- Director
Messiah Lutheran Church

Melody Sletten- Director
Immanuel Lutheran Church

Warren Hagestuen- Director
East Zion Lutheran Church

Robert Ranum- Director
Inherred Lutheran Church

Bruce Prause
Fron Lutheran Church



When it gets icy and cold:
Always keep your hands free and outside of your pockets.

BOARD MEMBER SPOTLIGHT

Faith Anderson



Faith Anderson is the current secretary of MCHS Board of Directors and was nominated to represent St. Johns Lutheran Church in 2019.

She is a graduate of Starbuck High School and the University of Minnesota, Morris where she obtained her Bachelor of Arts Degree in Elementary Education. After college She taught for several years in the Brandon and Glenwood school systems. After taking several years off

to start a family, Faith worked as a receptionist, writer and designer at the Pope County Tribune. Later, she was hired at American Solutions for Business, where she spent 25 years, mostly in marketing and communications before her retirement in 2016.

Faith and her husband, Paul, are fourth generation family farmers and now live in the 113-year-old farmhouse where Paul grew up. In addition to being a farmer, Paul was recently elected to his 8th term in the Minnesota House of Representatives. The Andersons have raised three children and have five grandchildren.

Faith enjoys bike riding, crocheting, writing, refinishing chairs and other wood pieces and has completed a number of refinishing projects in their farmhouse. She is a part-time writer for Senior Perspective, a regional publication focusing on human interest stories with uplifting content. Faith serves on the Gladys Ness Brang Foundation that awards grants for Starbuck area projects.

"Although there's still a lot to learn," said Faith, "I do enjoy being on the MCHS board. It's interesting to explore this complicated world of providing professional, quality health care services to seniors in a variety of settings." She sees the rich faith-based history of MCHS as a solid foundation for the future of the organization. Faith was instrumental in re-establishing the practice of opening monthly board meetings with devotions and prayer. "I think it's important to begin our meetings with prayers of thanksgiving and guidance as we serve and protect the precious residents of our facilities and support and encourage our employees in that service."

Faith's favorite Bible verse:

For God hath not given us the spirit of fear, but of power and of love and of a sound mind. -2 Timothy 1:7



JOIN OUR TEAM

Achieve your educational goals in healthcare and we'll pay for it!



Minnewaska
COMMUNITY HEALTH SERVICES

<https://mchs-healthcare.org/>  (320) 239-4775 

A community of services, grounded in faith, providing person-centered care that encourages all people to reach their highest potential.

Check out our current openings and join our team!

<https://mchs-healthcare.org/employment/EEO/AA>



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Minnewaska Lutheran Home

Donations to Home Development

Restoration is needed for the Minnewaska Lutheran Home clock tower. We are asking for donations to restore the clock to it's original charm. To give towards this project, online donations are accepted thru our website on our donation page: <https://minnewaska-home-development.snwbll.com/giving-portal> or mail a donation to PO BOX 40 Starbuck, MN 56381

Thank you for your generosity.





In October staff celebrated breast cancer awareness month by wearing pink



October 2nd-8th, 2022
We celebrated all of our dietary staff and their hard work and dedication they put in everyday to care for our seniors. We appreciate them today and everyday!



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*Country View
Walnut Grove*



Sue West at Country View Senior Living gets the tenants engaged by offering multiple activities, crafts, group and one-on-one activities. She gets to know each tenant personally and offers them projects that they enjoy. She's incorporated several new activities into the regular calendar of events, which keeps the tenants as busy as they choose to be. Whether it's a group exercise class or a game of hangman Sue is at the ready to bring joy to our tenants at Country View.



Therapy Services



MINNESOTA'S PREMIER
REHAB CENTER. WE OFFER
PHYSICAL, SPEECH, AND
OCCUPATIONAL THERAPY.



Physical therapy professionals focused on building your strength.

Our Physical Therapists work to improve your ability to move your body, to increase your strength, and to maximize your ability to move within your environment. Following a thorough evaluation by the licensed Physical Therapist, an individual treatment program is established in conjunction with your physician.

Occupational therapy helps you get back to your life.

Occupational Therapy refers to the "occupations of life" which are the tasks of everyday living. OTs assist you in gaining independence with the basic skills required to take care of yourself. These "Activities of Daily Living" (ADLs) include feeding, grooming, dressing, bathing, and home-making skills.

Speech pathology programs developed for individual needs.

Speech-Language Pathologists provide assessment and specialized treatment programs for overcoming speech, language, comprehension, cognitive (thinking) or voice disorders. Our SLPs are trained in treating swallowing disorders, known as dysphagia, a common problem in the elderly.

We treat a variety of conditions.

- Upper Extremity
- Lower Extremity
- Muscle Imbalances
- Urinary Incontinence
- Arthritis
- Osteoporosis
- Neurological Disorders
- Falls & Balance Loss
- Stroke Recovery
- Knee & Hip Pain

MCHS-HEALTHCARE.ORG | CALL 320.329.7122 TO LEARN MORE!

TOM'S MARKET

www.tomsfoodmarket.com

Open 7 a.m. to 10 p.m., 7 days a week.

19 West Minnesota Ave.

Glenwood, MN 56334

320-634-4554

A Proud Supporter of Pope County

Open 7:30 a.m. to 8 p.m., 7 days a week.

111 East 6th Street

Starbuck, MN 56381

320-239-2811

Customer Satisfaction is ALWAYS First

TOM'S MARKET RECEIPTS



MCHS Auxiliary is collecting Tom's receipts from both the Glenwood and Starbuck stores.



There are drop-off locations at Minnewaska Lutheran Home in the front main entrance and the administrative/therapy entrance.

605 Main Street, Starbuck



The funds we receive support our residents. Thank you!
<http://www.tomsfoodmarket.com/involvement.php>