



## Hello Summer!

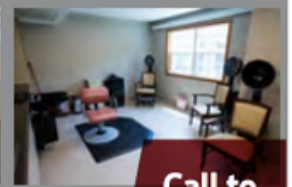
We are all excited to start our summer season out right! Our residents will be filling their time with family, friends and activities at our MCHS facilities. With the warm temperatures remember to drink plenty of water, apply sunscreen, stay in the shade when able, and enjoy the warm weather.



The Hoffman Senior Living Residents are thinking Spring!! They planted veggie seeds for our future garden & planted flower seeds for our flower pot's this April.

# Holly Ridge Manor Move in special!

## 25% off rent for ALL of 2022



**320-239-4775**  
**500 Holly Ridge Drive**  
**Starbuck, MN**

**Call to  
book a  
tour!**  
*caring hands  
and welcoming  
hearts*

[www.mchs-healthcare.org](http://www.mchs-healthcare.org)



## QUILT DONATION

Thank you to The  
Immanuel  
Lutheran Church  
Quilters for quilts  
donated to MLH!



Interested in volunteering throughout Minnewaska Community Health Services? There are many different ways to help. If you enjoy good conversations, playing cards, dancing, decorating, tidying up, assisting with landscape or being a shoulder to lean on, there's a volunteer position waiting for you.





**Minnewaska**  
COMMUNITY HEALTH SERVICES

Auxiliary

## **Celebrate Heritage Days and Support MCHS!**

**Minnewaska Community Health Services Auxiliary's  
Heritage Days Fundraiser will be  
Saturday, July 3rd from 10:00 am to 1:00 pm  
Minnewaska Lutheran Home Parking Lot  
605 Main Street- Starbuck  
Bake Sale, Lunch Sale of Taco in-a -Bag, BBQ,  
Rommegrot and Beverages.**

Supplemental funds:  
Pope County Thrivent Chapter #31314.

### **Quilt Raffle:**

**Quilt name - Kaleidoscope  
Size - Queen**

**Quilt made and donated by:  
Bits and Pieces Quilt Group  
Drawing to be held July 2, 2022 1 pm  
at Minnewaska Lutheran Home**

**Tickets are \$2.00 or 6 for \$10**

Tickets available at:

Minnewaska Lutheran Home (Therapy entrance)  
Nutcracker, Samuelson Drug & any MCHS Auxiliary Member



# 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!



# 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.





# **TOM'S MARKET**

[www.tomsfoodmarket.com](http://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>

## **SPOT LIGHT COUNTRY VIEW SENIOR LIVING**

---



I have been at Country View for about 15 years. I originally came to be the part time nurse, but within 3 months things changed and I went from being the part time nurse (after a tough survey) to being the Executive Director and Nurse Manager. I can say it was a move that I wasn't prepared for at the time, but do not regret the choice to take the position. It's been very fulfilling. I like the constant change of happenings at Country View. Every day is different.

I am surrounded by great people in the tenants and staff, which makes the days go by quickly. There's such a variety of things that I do each day, that I stay occupied every minute that I'm at work! In my free time I spend a lot of time with my family. I enjoy my 5 grandkids a lot! I love to go camping and fishing. We have a seasonal site at a local campground that where we spend a lot of time on the weekends.





# NOW HIRING

## Join Our Team!



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](https://mchs-healthcare.org/employment/EEO/AA) #hiring #careers



# WELCOME OUR NEWEST BOARD MEMBER

Bruce Prause



## ***Board of Directors***

Kayo Asllagson-Chairman  
Minnewaska Lutheran Church

Peter Brand- 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



We are pleased to announce Bruce Prause has joined the Minnewaska Community Health Services Board of Directors representing Fron Lutheran Church. Bruce has been involved in the healthcare industry for over 60 years. Of which, 15 years were in the role as the Administrator for Minnewaska Lutheran Home.

He is looking forward to helping maintain the high standards that exist throughout the organization and has been established over the past years of operation. Bruce's passion to help seniors is based on scripture, Hebrews 13: 1-3. Throughout life, we meet many strangers who need our help and understanding. We must help them all with understanding as if we are in their position.

Bruce's wife, Jeanette, three wonderful children, and two grandchildren call the Starbuck area home for the last thirty years. Jeanette is also involved in the MCHS Auxiliary.

We are thankful to Bruce for his commitment to our organization.



## CHALK EVENT

Friday, July 1st at 11am-1pm there will be a chalk event in the parking lot of Holly Ridge Manor for Heritage Days, Come on out we would love to see you there!



## HOFFMAN HARVEST FESTIVAL

August 12th, 2022 1pm-3pm at Hoffman Senior Living. Party in the parking lot! Live music, drinks and cake.



KY DERBY FUN AT MLH! NO MINT JULEPS, BUT WE HAD MINT ICE CREAM.



THE RESIDENTS FROM HOLLY RIDGE ENJOYED EATING KLUB FROM THE WATER'S EDGE IN STARBUCK ! A HUGE THANK YOU TO TAMMY, BARBARA & THE WHOLE WATER'S EDGE STAFF FOR PREPARING TAKEOUT FOR US. IT WAS A TREAT TO EAT



IT TAKES TWO TO CLEAN OUT THE AQUARIUM AT MLH! THANK YOU TO MAKAYLA AND ALICIA FOR DOING AN EXCELLENT JOB ON THE FISH TANK.



SHOUT OUT TO OUR PAINTER EXTRAORDINAIRE, HEATHER. THANKS FOR GOING ABOVE AND BEYOND EVERY DAY! LOOK FOR THE FRESHLY PAINTED ENTRANCE AT GLACIAL TRAILS MEMORY CARE.