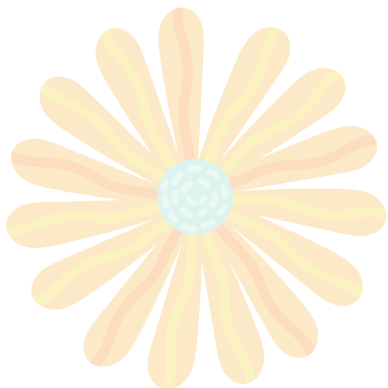


# Minnewaska

COMMUNITY HEALTH SERVICES



**Spring is in the Air!**



HOLLY RIDGE MANOR RESIDENTS HAD A FUN TIME CELEBRATING THE NEW YEAR! CHEERS TO 2023!



THANK YOU TO TERRY NELSON WHO PERFORMED AT MLH FOR OUR RESIDENTS IN DECEMBER.



**Minnewaska**  
COMMUNITY HEALTH SERVICES





START OF SPRING MARCH 20TH, 2023

EASTER DAY APRIL 9TH, 2023



**THANK YOU TO EVERYONE WHO DONATED TO THE MITTEN TREE PROJECT, INCLUDING THE MLH RESIDENT COUNCIL AND NUMEROUS COMMUNITY MEMBERS FOR YOUR GENEROUS DONATIONS. 54 HATS, 31 PAIRS OF MITTENS AND GLOVES, 16 PAIRS OF SOCKS, AND 6 SCARVES WERE COLLECTED!**

## 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

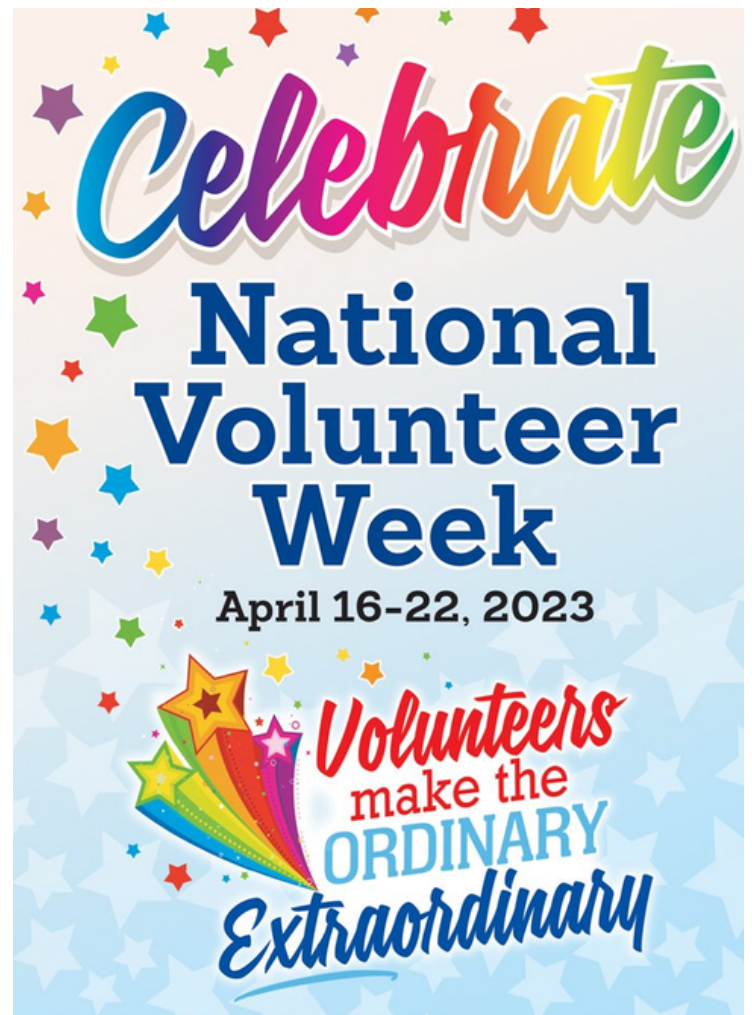
Stan Stark- Director  
Messiah Lutheran Church

Melody Sletten- Director  
Immanuel Lutheran Church

Warren Hagestuen- Director  
East Zion Lutheran Church

Robert Ranum- Director  
Inherred Lutheran Church

Bruce Prause - Director  
Fron Lutheran Church



Minnewaska Lutheran Home Resident Council is having a quilt raffle—Quilt was made and donated by Fron Lutheran Church Women. Drawing to be held April 14, 2023. Proceeds go to the MLH Resident Council. Tickets available at MLH—see Julie in activities.



# BOARD MEMBER SPOTLIGHT

## Alice Reese



Alice Reese is the currently a director of MCHS Board of Directors and representing West Zion Lutheran Church since 2013. West Zion Church is located east of Hancock, being the church the farthest southwest of the area represented in the MCHS.

Alice was born at Bowman, ND, moving to a farm East of Hancock, MN, in 1966. Alice still resides at the farm and take part in the farm actives such as planting and harvesting.

Alice graduated from college at Dickinson, ND with a degree in elementary education and a master's degree from the University of Minnesota Morris.

Alice has two children, Cheryl of Brookings SD, and Curtis of Clontarf, MN. She also has four grandchildren that she fills her time with. Alice has had a connection with Minnewaska Lutheran Home since 2012 after her husband, Kenneth, spent his last day there.

We appreciate all Alice Reese does for our organization and the commitment she displays.





# 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](https://mchs-healthcare.org/employment/eo/aa)**



**Minnewaska**  
COMMUNITY HEALTH SERVICES





GLACIAL TRAILS RESIDENTS MADE TURTLES IN JANUARY TO RECOGNIZE THE 5 YEAR ANNIVERSARY OF THE POPE COUNTY "BE KIND" PROJECT. A HUGE THANK YOU TO MARGARET WHO IS THE FOUNDER OF THE "BE KIND" MOVEMENT IN POPE COUNTY AND ASKED US ALL TO MAKE TURTLES OF ANY KIND TO CELEBRATE.



**Minnewaska**  
COMMUNITY HEALTH SERVICES





## Donations to Home Development

Restoration is needed for the Minnewaska Lutheran Home clock tower. We are asking for donations to restore the clock to its original charm. To give towards this project, online donations are accepted through 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.



**M  
C  
H  
S**

Hoffman Senior Living celebrated January birthdays this week! Gary Gylsen had the residents clapping, singing and laughing. After the music the residents enjoyed cake and coffee.



*Country View  
Walnut Grove*



Sue and some of the ladies at Country View making Easter and Spring greeting cards. They used stamps, markers, and colored pencils. They all turned out so nice! What a great way to show another that you care!



# 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!



The MCHS Auxiliary is currently looking for new members to join. On April 17th, 2023, we will be holding our first MCHS Auxiliary meeting of the year. We meet monthly and hold two fundraisers per year. If you are interested in joining, please contact Michelle Ehrenberg, MLH Administrator.



# 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*

**TOMS RECEIPTS**

Drop-off locations are at Minnewaska Lutheran Home in the front main entrance, administrative/therapy entrance, and the main entrance to Glacial Trails Memory Care.

**\$** The funds we receive support our residents.  
Thank you!