

# Fall Greetings



MINNEWASKA COMMUNITY HEALTH SERVICES

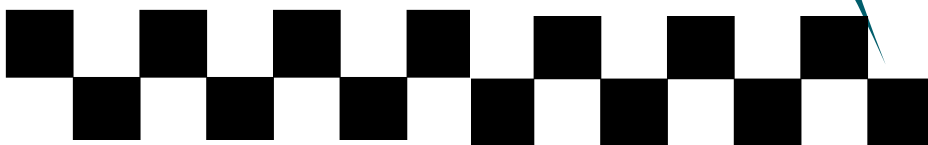
# Annual FUNDRAISER

Scan the QR code to donate to Minnewaska Community Health Services, donations of any amount are appreciated! Reach out about corporate sponsorships or donating a silent auction item. Also, scan to purchase tickets and join us on September 18th at The Minnewaska House.

**Tickets may be purchased for \$75 per person which includes dinner at The Minnewaska House, entertainment and a \$50 tax-deductible donation.**

**SEPTEMBER 18**

Join us for live music from Tony Pitschka and a silent auction and raffles will be held throughout the evening as another way to support MCHS.



Social Hour | 5:00 pm  
Dinner | 6:00 pm  
Silent Auction & Raffle | 7:00 pm

Scan

A hand-drawn teal arrow pointing from the word 'Scan' to the QR code.

FOR QUESTIONS OR  
TICKETS CALL NATE AT MLH  
**320-239-2217**  
**WWW.MCHS-HEALTHCARE.ORG**



# Glacial Trails Memory Care

## Board of Directors

Kayo Aslagson- Chairman  
Minnewaska Lutheran Church

Peter Brandt- Vice Chairman  
Trinity Lutheran Church

Bob Hendrickson- Treasurer  
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Stan Stark- Director  
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Melody Sletten- Director  
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Robert Ranum- Director  
Inherred Lutheran Church

Bruce Prause - Director  
Fron Lutheran Church




**Minnewaska**  
COMMUNITY HEALTH SERVICES  
*Holly Ridge Manor*

Move in Special!  
**1/2 off rent for the remainder of 2023!**  
\*Call for Details  
*caring hands and welcoming hearts*

 Minnewaska Community Health Services is an equal opportunity provider. EEO/AA

Contact: 320-239-4775

500 Holly Ridge Dr  
Starbuck, MN  
info@mchs-healthcare.org  
www.mchs-healthcare.org

 an assisted living facility



Thank You to Bits and Pieces quilting group for the beautiful quilt made for the Auxiliary raffle— Timmie Baukol was the winner of the quilt.

# 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



# Holly Ridge Manor



In June we celebrated employee appreciation week for our Minnewaska Community Health Services staff members. All of our employees received "Be Kind" shirts made by Screen Print Plus in Glenwood. The Be Kind movement was created by Margaret Pederson as a way to share kindness throughout Pope County. Here at MCHS we stand by the "Be Kind" statement and encourage all to be welcoming and inclusive.



# Minnewaska Lutheran Home





**Minnewaska Community Health Services**

Published by SocialPilot · 4d ·



New CNA starting wage!! \$19/hour and based on experience + Sign on bonus for full & part time! Work with seniors in a caring and compassionate environment. Whether you are looking for part time, full time or casual shifts to pick up we have a schedules to fit YOU!

Check out our current openings for Care Attendant/NAR/LPN/RN at Minnewaska Lutheran Home and our Assisted Living facilities; Holly Ridge Manor, Glacial Trials Memory Care, Hoffman Senior Living.

Apply online today! 📱 <https://mchs-healthcare.org/employment/EEO/AA> #buildyourfuture



SCAN THE CODE TO CHECK OUT OUR CURRENT OPENINGS AND JOIN OUR CARE TEAM!



**Minnewaska**  
COMMUNITY HEALTH SERVICES





# HOFFMAN SENIOR LIVING

Huge THANK YOU to the MCHS Starbuck Auxiliary for their time putting together the Heritage Day fundraiser for the residents and community to enjoy





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 its original charm. To give towards this project, online donations are accepted through our website on our donation page:

<https://minnewaska-home-development.snwbl.com/giving-portal> or mail a donation to PO BOX 40 Starbuck, MN 56381  
Thank you for your generosity.



M  
C  
H  
S



Say Hello to Jessica Mohr and DeAnn Conrad from County View in Walnut Grove. They are fantastic team members that make a difference for our residents everyday!



**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!

[HTTP://WWW.TOMSFOODMARKET.COM/INVOLVEMENT.PHP](http://www.tomsfoodmarket.com/involvement.php)

# Minnewaska Resident Council Quilt Raffle

The MLH Resident Council is having a quilt raffle right now—the quilt was made and donated by the Bits and Pieces Quilting Group. The Drawing will be October 20. Tickets are 1 for \$1.00 or 6 Tickets for \$5.00. See Julie or a resident council member.

