



Happy Fall Y'all!

Fall is right around the corner! The first day of Fall this year is September 22nd, 2022! Autumn is when nature plays with all shades of colors – as if it has splashed a paintbrush all around. Farmers are harvesting, people start apple picking and drinking cider, football season begins and back to school for the kids!



Rachel Evangelisto, former Holly Ridge Manor employee, is first Indigenous woman to be crowned Miss Minnesota! Congratulations Rachel!

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



QUILT RAFFLE WINNER

Congratulations to
Ann Bueckens for
winning the MCHS
quilt raffle!



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.

BOARD MEMBER SPOTLIGHT

Kayo Aslagson



Kayo Aslagson is the chairman of Minnewaska Community Health Services Board of Directors representing Minnewaska Lutheran Church. He has been a lifelong member of Minnewaska Lutheran Church. Kayo's Dad served on the MCHS board for 23 years before Kayo later joined in 2006. He has been on the board for 17 years and the chairman for the past 14 years. He has an appreciation for the well-being of the residents, staff, and community.

He has had a lifelong connection to MCHS, he remembers when MLH was a baseball field! After MLH was built he delivered newspapers to residents and had numerous family members reside within the organization.

Kayo has a passion for Minnewaska Community Health Services, he feels a strong connection and dedication to make sure that MCHS is doing well! He stands behind the facility to provide a home of caring hands to the individuals who enter our door, building a strong foundation and creating a culture of serving others. He has served on the Leading Age MN Governance Advisory Group for 4 years.

Kayo was born and raised in Starbuck, MN. He taught Industrial Arts in Kimball, MN, and coached wrestling for 20 years. During the school year he rented in the Kimball, MN- St. Cloud area and in the summers, he did construction or worked on his Mom and Dad's place. With this lifestyle he was able to be on the Starbuck Stars baseball town team starting in 1967 and is still on the team today! In 2003 he remained in Starbuck, MN to take care of his parents for the remainder of their lives. Kayo has been on numerous bike tours around the United States and even throughout the world! In 2000 he rode all the way across the United States. He has two dogs, Jake and Sam, they enjoy going for runs while Kayo rides his bike alongside. Kayo takes part in hunting and fishing. He has participated in cross country skiing racing for the past 32 years and bike racing in Minnesota and Wisconsin for 15 years.

We are grateful for Kayo Aslagson and for his commitment to our organization.

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



JOIN OUR TEAM

APPLY ONLINE TODAY!

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> #hiring #careers



Minnewaska
COMMUNITY HEALTH SERVICES



HOLLY RIDGE ATTENDED THE POPE COUNTY SENIORS SUMMER PARTY AT THE MINNEWASKA HOUSE.



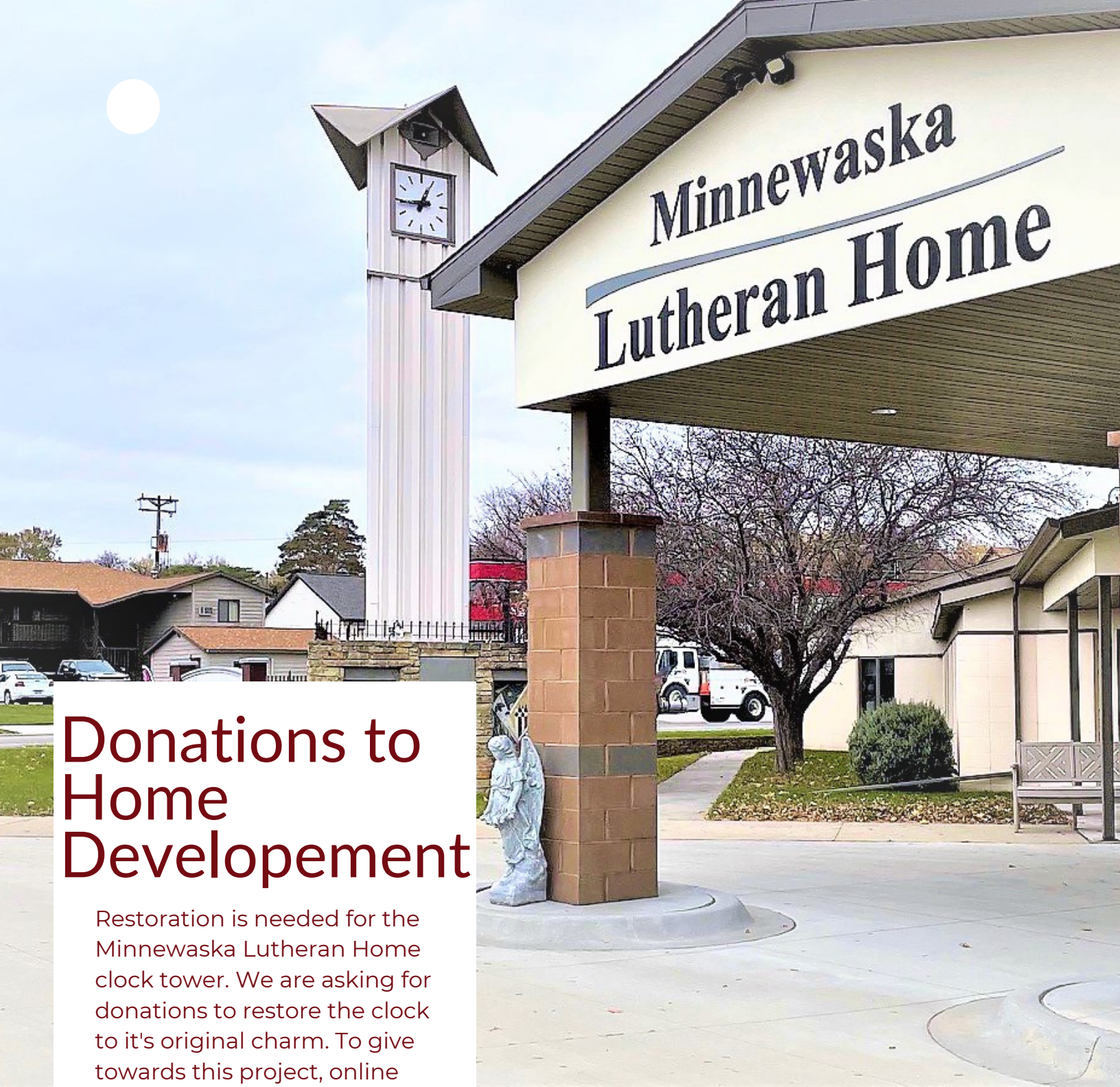
Senior Summer Party



HOFFMAN SENIOR LIVING



SUPER SOAKER SHOOT-OUT FUN AT HOLLY RIDGE MANOR!



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.



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!



**HERITAGE DAYS PARADE IN FRONT OF
MINNEWASKA LUTHERAN HOME**



**MLH HAD SOME TROPICAL
FUN CELEBRATING NATIONAL
FLAMINGO DAY AT THE END
OF JUNE.**



**THANK YOU TO ALL WHO SUPPORTED
THE MCHS AUXILIARY FUNDRAISER**

COUNTRY VIEW SENIOR LIVING



Minnewaska
COMMUNITY HEALTH SERVICES

*Country View
Walnut Grove*



Thanks to the Brang
Foundation
for the generous
grant for
new dining room
tables and chairs
for Glacial
Trails Memory
Care



Hoffman Senior Living
served the meal and
provided entertainment
at the
Hoffman farmer's market.



Thank You to Lavon Lund and Becky Lund Nelson for
the music provided at MLH!

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>



The Auxiliary received a \$1000 check from Tom's Grocery for collecting over \$100,000 in grocery receipts