

# Newsletter

2024 Spring Edition



## Welcome...

On January 1, 2024 Minnewaska Community Health Services was excited to welcome Traverse Care Center to the organization. MCHS is looking forward to joining the communities in Traverse County and prosper positive relationships in Wheaton and surrounding areas! Together the combined leadership of MCHS has over 50 years of senior living management experience. Traverse County, Traverse Care Center and Minnewaska Community Health Services are aligned for the future of Traverse Care Center and what it can mean to the community, employees and the residents and their families.



**Minnewaska**  
COMMUNITY HEALTH SERVICES

*Traverse Care Center*



### SCHOLARSHIPS AVAILABLE!

Scholarships to further your career are available for MCHS staff. MCHS offers scholarships to employees to get their CNA certificate, LPN or RN.

The course of study must lead to career advancement.

Be employed with MCHS.

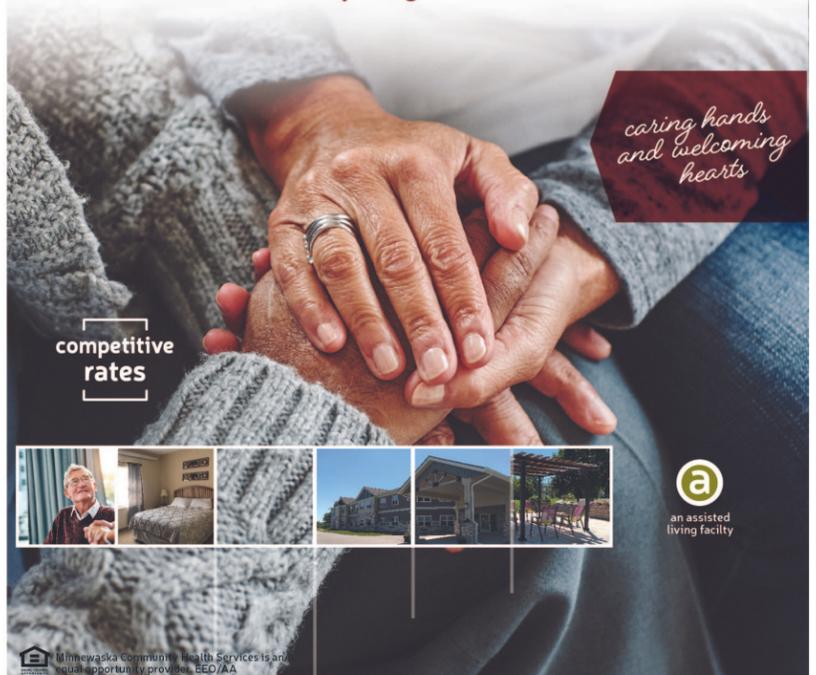
Work a minimum average of 10 hours per week.

## Move in Special!



**Minnewaska**  
COMMUNITY HEALTH SERVICES

*Holly Ridge Manor*



## COMING SOON

- March 11 - Long Term Care Administrator Week
- April 21 - National Volunteer Week
- May 6 - National Nurses Week
- May 12 - National Nursing Home Week

Receive one month rent FREE without service package OR three months rent FREE with a service package.

Contact Heidi or Daphne at 320-239-4775 for more information or to schedule a tour today!



**Minnewaska Community Health Services**

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Happy Employee Appreciation Day! ✨ Our facilities have the best employees, we appreciate each and everyone of you, thank you for your dedication to our residents and staff!

If you want to join our incredible team, check out our current openings! 📄 <https://mchs-healthcare.org/employment/EEO/AA>



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

# 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.

**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.

**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.

**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!

## Board of Directors

Kayo Aslagson- Chairman  
Minnewaska Lutheran Church

Peter Brandt- Vice Chairman  
Trinity Lutheran Church

Bob Hendrickson- Treasurer  
Member at Large

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St. John's Lutheran Church

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Warren Hagestuen- Director  
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Robert Ranum- Director  
Inherred Lutheran Church

Bruce Prause  
Fron Lutheran Church



## Donations to Home Development

Minnewaska Home Development Foundation fosters an environment where philanthropy efforts provide amenities and opportunities for our residents to thrive and reach their highest potential. Donations can be mail to:  
PO BOX 40  
Starbuck, MN 56381

A HUGE thank you to all that donated to the clock tower, we have met our goal on funds and repairs are currently taking place!



**TOMS RECEIPTS**

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

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.

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

