

# Newsletter

2023-2024 Winter Edition



## ANNUAL MEETING

(320) 239-2217

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

Thursday, January 25 at 8:00 am held at Holly Ridge Manor. Hear business updates from Chris Knoll, CEO.



join us  
**CHRISTMAS  
TEA**

Sunday 3rd December

**DECEMBER 3, 2023 | 1:30 PM**

**MINNEWASKA LUTHERAN HOME  
AND GLACIAL TRAILS MEMORY CARE**

Service at MLH starting at 1:30, Tea to follow at MLH and GTMC

**Christmas Tea at Holly Ridge Manor**

**DECEMBER 3, 2023 | 2-4 PM**

**Christmas Tea at Hoffman Senior Living**

**DECEMBER 10, 2023 | 11 AM-1 PM**

## Chili Cook Off

Congratulations to the winners of the Chili Cook Off, there was a tie for first place; Team 1 - Alicia Rogers and Team 7 - Chris Knoll  
2nd place was MLH Maintenance Crew; Shane, TJ & Andy  
Congratulations to Elias for winning the first place in Walnut Grove!

**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 Trails 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!

# 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!

## 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  
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Warren Hagestuen- Director  
 East Zion Lutheran Church

Robert Ranum- Director  
 Inherred Lutheran Church

Bruce Prause  
 Fron Lutheran Church



## 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, mail a donation to  
 PO BOX 40  
 Starbuck, MN 56381  
 Thank you for your generosity



\$ 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)

