It’s All About Caring
Call or come by for a friendly tour.
Remarkable homelike environment
Accommodate special diets
Private rooms available
Exceptional meal service
Beauty/barber shop
Daily activities
Rossberg Alzheimer’s wing
Patty Watzke - Social Worker 320-589-7908
(320) 589-1133 www.sfhs.org

Resident & family Christmas party, Dec. 6

HOLIDAY EVENTS FOR WEST WIND VILLAGE
December 22 - Christmas Sing-Along with Jenny Mecklenburg-2:30 pm
December 23 - Protestant Church Service with Pastor Hector Franco-3:00 pm
December 24 - Ecumenical Christmas Eve Service-10:00 am
December 25 - Merry Christmas! Christmas Sing-Along-2:45 pm
December 31 - New Year’s Eve Party with Music by Sonny Bartells-2:00 pm
January 1, 2015 - Happy New Year!
New Year Holiday Traditions, Trivia, and Rearranging Resolutions-2:45 pm

West Wind Village Advisory Board
Carol Raw Lois Krump Karen Long Steve Poppe Carla Riley Bonnie Weiler Paul Rentz
Clear vision

He chose us in him before the creation of the world to be holy and blameless in his sight.
—Ephesians 1:4 NIV

Your eyes are set in the front of your face so that you can see what's coming toward you. Animal's eyes are normally set closer to the sides of their heads so they can see what's coming from behind and from the side. Animals need to be able to run away; you need to be able to run to. God created you to run to him, not away from him. Run to God by choosing to be where he is, by doing the things he does. God's eyesight is perfect, and he sees the person you are becoming. Run to God today and every day.

It's my pleasure to announce the new pod/addition has been named Wells Park! Wells Park will consist of 27 rooms, 19 of which are private rooms with bathrooms and eight are split doubles; perfect for a married couple. There will be a dining area, nurse's station, bathing suite and a large German-themed atrium. I anticipate a January completion date.

West Wind Village will be participating in St. Francis Health Service (SFHS) Employee Recruitment, Selection, and Retention (ERSR) Grant. The two year grant started Oct. 1, 2014 and will focus on nursing recruitment, selection, retention efforts at all SFHS facilities.

Volunteers and staff make for a successful Christmas at West Wind Village!

Volunteer opportunities are endless at West Wind Village!

Contact Jenny Mecklenburg, Activity Director/Volunteer Coordinator, for more information. 320-589-7902.
By Pastoral Care

a very humble way, being born of Jesus, God’s only son, came to us in one of us to lead us to the Father. Jesus is that great light who became a great light.” We are reminded that prophet Isaiah: “the people can now look forward to enjoying the holidays with your family and friends.

Big Stone Therapies’ have recently achieved LSVT Big certification which is a program that is specifically designed to help those with Parkinsons improve their ability to walk and speak. Although it was designed specific for Parkinsonism, it is beneficial for anyone who has difficulty taking large steps with walking or turning and stepping far enough to reach their chair before sitting. We are excited to offer this program to the area and have already started a few folks on it at the clinic.

We are here to help keep you safe and reduce fall risk so that you can easily transition patients from the nursing home to community based therapy and where they can interact with nursing and other nursing home staff on a daily basis. Big Stone serves patients in the nursing home, from the community and also home health patients.

As we get into the winter season, remember to walk carefully on the ice and snow and let us know if you need to work on your balance with us. We are here to help keep you safe and reduce fall risk so that you can enjoy the holidays with your family and friends.


Transition to West Wind Village

Big Stone Therapies clinic transitioned from the City Center Mall to the new location at the West Wind Village on June 2. Since the transition, the clinic has nearly doubled the number of out patients, or patients coming in from the community. Some compliments from patients include: “I like the parking spaces,” “this new space is really nice,” “the staff are caring and kind,” “I like that I can stay at the nursing home after surgery and then continue my PT in the same place after I go home.”

The staff has enjoyed being at the West Wind Village where they can easily transition patients from the nursing home to community based therapy and where they can interact with nursing and other nursing home staff on a daily basis. Big Stone serves patients in the nursing home, from the community and also home health patients.

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Pastoral Care

By Deacon Stan Hennen

As we are nearing the shortest day of the year and can now look forward to more light and longer days, we recall the words of the prophet Isaiah: “the people who walked in darkness have seen a great light.” We are reminded that Jesus is that great light who became one of us to lead us to the Father. Jesus, God’s only son, came to us in a very humble way, being born of ordinary parents and in a stable. His only reason for coming was for love, love of us and love of his heavenly Father.

May our celebrating of his birth help us to see that great light so we will love as He does, and to serve one another as He does. As we celebrate this Christmas season, let us also always remember that Jesus is the true reason of why we celebrate this season. God’s blessings to all and may all have a blessed New Year.

Employee Profile

Bridget Mogler, Activity Aide

I was born: Omaha, Neb.
One of the rewarding things about my job: Helping people out
My family: Husband and eight children
My pets: Three dogs, two cats and one bird
My interests include: Crocheting, crosstitch, scrapbooking, wood crafts
Some of my favorite movies are: All the Disney movies
My favorite food is: Pizza or tacos
A favorite book is: I Love You Forever
My favorite kind of music is: Country
My favorite season is: Summer
A perfect day for me would be: Knowing I accomplished something
My first car was: A Citation
A word or phrase I’d use to describe myself is: Friendly and outgoing
A favorite place I’ve traveled to is: California
The person who had the greatest influence on me was: My grandfather
When I was younger, I remember paying: 50 cents for a box of candy
One of my favorite childhood memories is: All of the huge family get togethers we had on the holidays

IF YOU HAVE A FEW ITEMS LYING AROUND, THINK ABOUT DONATING TO WEST WIND VILLAGE.

HERE ARE SOME SUGGESTIONS:
* Sweaters for raveling
* Gently used or new items for our nickel bingo store: trinkets, stationery, picture frames, greeting cards, etc.
* Crafts to sell and money donated to Resident Council
* 300-Piece puzzles

CONTACT JENNY MECKLENBURG, ACTIVITY DIRECTOR/ VOLUNTEER COORDINATOR, FOR MORE INFORMATION (320) 589-7902

Beware of frostbite

Merry Christmas and Happy New Year! The snow came early this winter along with cold temperatures. I just wanted to remind all of you to stay warm and don’t expose yourselves to those cold temperatures. Our skin as well as underlying tissues can freeze, causing frostbite. Frostbite occurs mostly to your hands, feet, nose and ears. Signs of frostbite include hard, pale and cold quality of the skin. As the frostbitten area warms, the skin becomes red and painful. Here are some tips to prevent frostbite: Get out of the cold. Warm your hands by placing them under your arms. Keep your face, nose or ears covered or cover them with gloved hands. Do not rub the frostbitten areas. Do not put snow on frostbitten skin. Get emergency medical help if numbness continues during warming. If help is not available severely frostbitten hands or feet can be warmed in warm, not hot water. You can warm your nose, cheeks or ears, warming. If help is not available severely frostbitten hands or feet can be warmed in warm, not hot water. You can warm your nose, cheeks or ears, by covering them with your warm hands or by applying warm cloths. (Tips taken from MayoClinic.com) Come and warm up here at West Wind Village while you visit your loved ones over the holidays; the coffee is always on!

Looking for a rewarding career?

Certified nurse assistant training is offered. If you are looking for a rewarding career with a future, this may be the program for you. Contact us for information on this great opportunity!

West Wind Village is looking for good people to help our residents. Full/part time RNs/LPNs/TMAs are needed. Full and part time RNs/LPNs/TMAs are also needed. A casual cook position is also available.

If you are looking for a solid working environment, please apply online at www.sfhs.org/employment
West Wind Village cookbooks for sale!
$5 each

[Recipe]

MICROWAVE CARAMELS

1 CUP BUTTER
2 1/4 CUP BROWN SUGAR
1 CUP KARO SYRUP
1 CAN SWEETENED COND. MILK
DASH OF SALT
1 TSP VANILLA

In a large microwave safe bowl melt the butter for 1 minute. Remove from the microwave and add the rest of the ingredients except vanilla. Mix well. Place back into the microwave and cook on high for 4 1/2 minutes. Take the bowl from the microwave and stir well. Continue cooking on high for an additional 4 1/2 minutes, remove and stir. Cook for 4 more minutes and remove, stirring while adding vanilla and pour into a lightly buttered 7x11, 9x9, or 8x13 cookie sheet. Once caramel is set wrap in wax paper and store in an air tight container.

[Chapter]

Resident Profile
Bertha Anderson

I was born: at home on Nov. 17, 1942, in Benson. My parents were Harry and Molly Gibble and I had a sister and a brother. I was in the middle. We moved to Alberta and that’s where I went to school.

My occupation was: I worked here at West Wind Village in housekeeping and in the dietary department for about 10 years before I retired. Before I was married I worked in a greenhouse and I did house cleaning.

Length of stay at West Wind Village: I’ve lived here four years.

My family: I married Jim Anderson in 1969 and we lived in Donnelly. We didn’t have any children. Jim died in 2006. My sister’s kids are my family now and they are all good to me. And they live right in Donnelly.

Pets I have enjoyed: We usually had dogs.

My interests include: I liked to go to the casino in Hankinson. Now I play bingo and I like to watch television. And it’s fun to go out.

Favorite movies are: I like the movies on the Hallmark channel. And I still like “Little House on the Prairie.”

One of my favorite performers is: Matt Dillon.

My favorite food is: Steak. A meal would be steak, mashed potatoes and a vegetable.

The most disagreeable thing I’ve ever eaten is: Spinach.

A favorite book is: I like to read cowboy books or westerns.

My favorite kind of music is: Country western.

My favorite season is: Fall.

A perfect day for me would be: To go to Hawaii with my husband.

My first car was: A Chevy.

A funny or unusual event in my life: When I was about six or seven years old, I climbed up on the kitchen sink to look out the window at an airplane. I caught my leg on something and tore my leg open!

A word or phrase I’d use to describe myself is: I like to have fun and laugh. And I try to be nice to people.

A favorite place I’ve traveled to is: The Black Hills. Jim and I went there. I really liked it.

The person who had the greatest influence on me was: My sister, Edna.

One thing I marvel at is: I remember when we first got television and that was a big deal. The world has changed a lot since I was young.

When I was younger I remember paying: I know that everything is so expensive today.

One of my favorite childhood memories is: I remember how we played outside. We played “king on the hill” and went ice skating in Alberta with the neighbor kids. One time one of the neighbors wouldn’t let me play with them until I told my dad and he took care of it!

[Social Media]
Remember to “like” us on Facebook!

[Events]

Many fun events throughout the year planned for residents, guests & employees

(Left) Kaylene Mecklenburg sings for the September birthdays, hosted by First Baptist Church. (Below) Residents enjoy the music.

The Runestone Rockettes performed during West Wind Village Fair Week in September.

Rose Hennen and Barbara Stevenson had a chance to pet the horse.

(Left) Queen and King candidates: Sharon Peterson, Lila Estenson, Marlys Alm, Juel Stenson. Not pictured: Gertie Brunkow; (below) West Wind Village Princess and King, Lila Estenson and Juel Stenson; not pictured: Queen, Gertie Brunkow.

Carol Staton and Pat Hanson share a dance during the November birthday party.

Andy Raw won the ALS Ice Bucket Challenge in September, and Bill Schoenberg and Sheldon Kutzer were happy to assist!