UPCOMING MUSIC EVENTS

February
- 2nd - 2:15 Dave Liebl
- 7th - 6:45 Apostolic Christian Faith Church
- 17th - 4:00 Marian Grossman
- 19th - 2:00 Sonny Bartell
- 21st - 2:15 Country Couple
- 28th - 2:15 Country Rose Band

March
- 2nd - 2:15 Dave Liebl
- 7th - 2:00 Marian Grossman
- 7th - 6:45 Apostolic Christian Faith Church
- 14th - 2:15 Country Rose Band
- 19th - 2:00 Sonny Bartell
- 21st - 2:15 Country Couple

April
- 4th - 2:15 Country Rose Band
- 4th - 6:45 Apostolic Christian Faith Church
- 6th - 2:15 Dave Liebl
- 11th - 2:00 Marian Grossman
- 18th - 2:15 Country Couple

ADVISORY BOARD
Paul Rentz, Carla Riley, Karen Long, Steven Poppe, Patrick Franey
Greetings from West Wind Village! After enjoying a beautiful fall, winter has hit with a vengeance— I hope this newsletter finds you safe and warm!

We do have a few new faces at West Wind Village who I would like to introduce you to. First, Tina Marlow, Administrative Assistant, has been promoted to Human Resource Director and has moved into a new office. Renee Noyes is the friendly face at the desk near the front door, who greets residents and guests. Renee is our new Administrative Assistant and is a huge help to all of us. Another change is that St. Francis Health Services has moved the accountant into West Wind Village. Lisa Burns is our new accountant and her office is on Park Avenue. She is the “go to person” if you have a billing or insurance question. We also have several new nursing and other staff who have joined us over the past year.

Again, this past year there have been many changes in the nursing home industry and at West Wind Village. The Legislative changes last year improved reimbursement for nursing facilities and has helped us recruit and retain additional staff, especially nurses. This much needed increase in funding has been instrumental in staffing nursing facilities across the state of Minnesota. The Minnesota Department of Human Services is appraising nursing homes throughout the state in order to work on property reform which is long overdue; this should help nursing facilities renovate and improve the physical plants.

Another big change for the nursing home industry is the new regulations that the Center for Medicare & Medicaid Services (CMS) has adopted. These are the most sweeping changes to nursing home regulations since the early 90s; these new regulations will be phased in over the next three years beginning in November of 2016. The overarching themes of the new regulations are modernization; quality and safety; increased resident and family rights and involvement; and a focus on person centered care.

Phase 1 of these changes focus on policies and procedures, for the most part, and we are currently in the process of implementing several new policies to ensure compliance. Phase 2 will focus on a facility assessment to ensure we are meeting our residents' needs with an emphasis on behavioral health, nutrition, pharmacy services and emergency/disaster planning. Phase 3 focuses on administration, quality improvement, infection control, training and the physical environment. There are also new Fire Code regulations that will come into play this year. Therefore, we are busy implementing several new policies and preparing for the Minnesota Department of Health survey which could really be anytime now.

We are always striving to improve quality of life and quality of care for our residents. West Wind Village continues to be rated as a “5 Star” facility by CMS and we improved from 4 stars to 5 stars in RN staffing which is calculated by the hours of therapy coverage. Some of the quality initiatives we continue to work on are falls, behaviors, infections and the new quality measures which focus on reducing emergency room visits, re-hospitalizations and successful discharges to the community.

Lately, I have been reflecting on the changes in the nursing home industry which was prompted by an excellent question at new employee orientation. I have been licensed as a nursing home administrator in Minnesota for over twenty-five years and there certainly has been a great deal of change. When I first started in the industry, residents lived in a nursing facility for years and stayed there until the end of their life. Now, the majority of the residents discharged from West Wind Village go home or to assisted living. Most residents come here to recover from an acute episode or to receive therapy to get stronger and go home. Acuity of care has increased since our residents require more care which has also contributed to the increased cost of nursing home care. There are new home care care options for seniors needing healthcare in most communities such as home health, hospice and assisted living. Also, regulations and paperwork have definitely increased over the years creating the increased quality and accountability.

In 2030, 25% of adults in Minnesota will be over 65 which will place additional demands on long-term care; Minnesota will need another 25,000 caregivers to meet the needs of our seniors. Therefore, staffing nursing facilities and other healthcare organizations will continue to be a challenge. All these changes make this an interesting and challenging profession— never a dull moment!

It is good to be back in this profession which has always been a passion and calling. I have been blessed by getting to know residents, family, staff and more people in the community since we have relocated to Morris. If you ever have any questions or concerns, please know that my door is always open. My email is pviker@swhs.org and my number is 320-585-5395.

Wishing you and your family many blessings in 2017!

Paula Viker
Administrator

A belated but heartfelt New Year to all! We have another year to experience the joy and sorrows, the successes and failures that will mark our daily lives. These lessons learned are God’s way of always reminding us to be humble. Humility is not something most of us want to face, just listen to the news, but often the most difficult lesson we need to learn is to stay close to God.

I recently had that opportunity as I had a knee replacement in early December. Being very independent and always able to care for myself came to a quick halt for several days. Having to have someone help me go to the bathroom and stay with me continuously I did not fail was a quick lesson in humility. Don’t get me wrong, the nursing staff was very professional. Helpful and kind, and they were still responsible for me. But that was an experience I just was not used to. Bless you, nursing staff, but I was glad to get home under the care of my wife.

But still it was a very worthwhile lesson because it made me think of our wonderful residents. They, like I, were very independent and could do all the things they wanted by themselves, but that wasn’t an experience I just was not used to. They are our brothers and sisters who deserve a great deal of respect and care, and need to be treated with great human dignity because they are blazing a trail that one day we will all follow.

As I heal and recover my ability to walk again, I am ever thankful to praise God for these wonderful men and women we get to care for at West Wind Village. I have been given the chance to befriend, to love and to remind them they are important and still loved by God, family, friends and all the staff at WWV.

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Stan Hennen
Deacon

A Message from Big Stone Therapies

Hello! Big Stone Therapies is excited to announce that we will be moving our outpatient services to a larger clinic that will be located in the lower level of Skyview Plaza. We will keep you updated on our transition date. We will continue to send the nursing home residents in our current location. We provide physical therapy, occupational therapy, speech language pathology services in our current clinic to serve community at the West Wind Village; out patient clinic as well as within their homes under home health. We also reach out to area business to improve safety within the workplace.

Big Stone Therapies therapists have been busy with continuing their education. We offer specialty services including Graston instrument assisted soft tissue mobility, pool therapy, vestibular rehab, home safety assessment, splinting, dry needling, chronic pain management, sports injury rehab, manual therapy services just to name a few. Branden has extra training in sports and exercise science and Glenda is an Orthopedic Certified Specialist to address all of your sports and joint rehabilitation needs with the most up to date techniques. Haley, our speech and language pathologist, has a special interest in pediatric speech therapy needs that can be provided in addition to school based services.

Our Occupational Health services are workplace oriented and are designed to prevent injury with worksite assessments, screenings, and return to work analysis. Occupational Therapists also specialize in reduction of pain and symptoms associated with carpal tunnel syndrome, trigger finger, arthritis, and many other injuries/conditions involving the upper extremity.

Our goal is to keep you active in the things you want to do and to accommodate without pain or difficulty.

Let us know if you are experiencing any joint pain, recovering from a surgery or have any difficulty with swallowing, speaking or memory tasks. We accept many insurances. Our staff would be happy to help you improve your health! Call us to make an appointment today at 320-585-5595.

We wish you a safe and warm winter season from all the staff at Big Stone Therapies! Glenda Feist, Physical Therapist; Clinic Manager, Stefanie Fragodt, Physical Therapist; Branden Schulz; Physical Therapist Assistant, Brooke Tellinghusen; Physical Therapist Assistant, Chelsea McKinney; Occupational Therapist, Courtney Rittenour; Speech/Language Pathologist, Haley Lutteke; Administrative Assistant, Jessica Bruns; and Administrative Assistant, Brandi Dominick.
As I write this article, we are in the heart of flu season. Here at West Wind Village we take prevention of the flu very seriously and it has been effective as we have had very few flu cases in our facility. West Wind Village follows the Minnesota Department of Health’s recommendations to prevent an outbreak of the flu. Some of these recommendations include: vaccinating our facility staff against influenza, vaccinating our residents against influenza, discourage ill persons from visiting the facility, encourage frequent visitors, such as family to be vaccinated. Begin isolation precautions for residents with suspected or confirmed influenza. Promote cough etiquette, (cover your cough), and the most important prevention strategy wash your hands often or use hand sanitizing gel. As we strive to prevent the flu here we encourage you to follow the same recommendations and have a healthy 2017.

Jody Cunningham
RN/DON

I WAS BORN:
Sept. 13, 1965 in Benson, MN

MY FAMILY:
A son, Eric Roberts
Parents are Robert & Marie Young

MY INTERESTS:
Reading, shopping, puzzles & movies

MY FAVORITE FOOD:
Mexican, the hotter the better!

SOME OF MY FAVORITE MOVIES:
The Lord of the Rings, Avatar, The Hobbit & all Fast and Furious movies

THE MOST DISAGREEABLE THING I HAVE EVER EATEN:
Cottage cheese

A FAVORITE SHOW:
Designated Survivor

MY FAVORITE SEASON:
Summer

A PERFECT DAY FOR ME:
A relaxing day at home reading a book

MY FIRST CAR:
Datsun F10

A FAVORITE PLACE I HAVE TRAVELED TO:
Colorado

THE PERSON WHO HAD THE GREATEST INFLUENCE ON ME:
My mom

ONE OF MY FAVORITE CHILDHOOD MEMORIES:
Going to Disney World in second grade

WHERE I SEE MYSELF IN 10 YEARS:
Working at West Wind Village; aiming for retirement

West Central Cattlemen’s Association helping out at the picnic.

Resident/Daycare/Staff picnic in June.

Residents on December 3rd celebrating their Christmas party with family and friends.

MACCC playing bean bag toss together outside.

Kenny Lindor received the Pay It Forward award.
I WAS BORN: on May 14, 1933, at Hancock, Minnesota. My parents were Walter and Clara Whitmer and I was the oldest of 6 children – 5 girls and 1 boy. What’s kind of interesting is that my uncle, a cousin and myself were born within 6 months in the same house and in the same bed!

MY OCCUPATION: I worked as an airline reservationist in Chicago (the airline no longer exists), and I worked for the Chokio Review for 25 years. I worked in all aspects of the newspaper – as circulation manager, bookkeeper, and I wrote feature stories.

LENGTH OF STAY AT WEST WIND VILLAGE: I came here in August, 2016. I came for therapy and I stayed.

MY FAMILY: I was married to Floyd Peterson, he was mostly known as Sonny. We had 6 children: Sharon, Bob, Robin, Steve, Jay and Karla. We lived in Chokio. Sonny and Steve both died in 2003.

PETS I HAVE ENJOYED: We had several cats, one was called Mrs. Whiskers, and the dogs were called Fluffy and Gigi.

MY INTERESTS: I like to read and do crossword puzzles and I’m enjoying coloring. Longer ago I liked to bake and cook for my family. But I can’t do that anymore.

FAVORITE MOVIES: I especially enjoyed “The Robe,” and Bing Crosby movies. We enjoyed going to movies years ago.

ONE OF MY FAVORITE PERFORMERS: Hank Williams, I was raised on country music.

MY FAVORITE FOOD: I like bologna and sauerkraut. And things like spaghetti and tacos.

THE MOST DISAGREEABLE THING I’VE EVER EATEN: Cooked broccoli! I really like raw broccoli but I do not like cooked broccoli. And I’d also say lutefisk. When it’s served I try to take a little piece but that is it.

A FAVORITE BOOK: I like John Grisham books. You can’t put them down. I like mysteries.

MY FAVORITE KIND OF MUSIC: Music from the 50’s. And I like country music, the old traditional country music.

A FAVORITE SEASON: I would say either spring or fall, I enjoy them both.

A PERFECT DAY FOR ME: A day spent with my 3 sisters. Or a day with my kids would be about perfect.

MY FIRST CAR: I learned to drive after Karla was born, she’s my youngest child. It was a Ford, probably 1969 or 1970 model, and I inherited it from my son. It was painted camouflage. My husband painted it black one weekend.

A FUNNY OR UNUSUAL EVENT IN MY LIFE: After my cancer surgery I had an experience when I saw hands holding me like you would hold a baby. And there were praying hands all around me. I couldn’t see a face, just these hands.

A WORD OR PHRASE I’D USE TO DESCRIBE MYSELF: I try to be considerate of other people. My pain is my pain, I won’t get grumpy with everybody else.

A FAVORITE PLACE I’VE TRAVELED TO: Oregon and Washington, and into Canada is just gorgeous.

A PERSON FROM HISTORY THAT I ADMIRE: Helen Keller

THE PERSON THAT HAD THE GREATEST INFLUENCE ON ME: My dad, he was so fair and honest. He wouldn’t cheat anybody out of a nickel. He set a good example.

ONE THING I MARVEL AT: I marvel at flying. I remember as a child running to see an airplane that you could hear overhead and to witness what they do today is just amazing.

WHEN I WAS YOUNGER I REMEMBER PAYING: A nickel for a candy bar, Mom divided it up into pieces for however many kids were there. It was valued and it was a special treat.

ONE OF MY FAVORITE CHILDHOOD MEMORIES: My uncle and I were about the same age and we ran and played in the woods and fished. I remember having fun with him. I really didn’t like to play dolls with my sisters, but I loved to run and play outside.

SERVES 8 - 10

• 1 lb. Ground Breakfast Sausage
• 3 - 4 Cups Tator Tots, or enough to cover bottom of Crockpot (I have used hashbrowns too)
• 12 Large Eggs
• 1 1/4 Cup Milk
• Pinch of Dry Mustard Powder
• Pinch of Salt
• 1/4 Teaspoon Black Pepper
• 1 1/5 Cups Grated Cheddar Cheese
• 1/4 Cup Minced Green Onion (Use both Green & White parts)

Preheat large pan on stove top and crumble sausage and cook for 7-8 minutes until cooked Through. Drain sausage on paper towels. Generously spray crock pot with cooking spray. Spread tots on bottom, then sausage. Whisk together eggs, milk, mustard, salt, and pepper in a large bowl. Add cheese and onions, mix well. Pour mixture over tots and sausage. Cover and cook on low at least 4 hours and up to 5 hours or until eggs are set. Keep an eye on it for the last hour as cooking times depend on temperature variations in Crockpots. Serve right from the Crockpot.

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