Greetings from the Director of Nursing! I am excited to be a member of the Zumbrota Care Center team, and wanted to give you a little background on myself. I live in Goodhue with my husband and children. My son is 2nd grade, and my daughter is a senior this year at the Goodhue School. I have been in Goodhue for 13 years, and enjoy the small town friendliness. My family and I are avid campers, and try to explore a new state park every year. Our favorite park so far is Savanna State Park in McGregor. We also enjoy watching all Minnesota sports teams and hope this is our year for the Super Bowl AND the Stanley Cup! Professionally, I have been in healthcare for 20 years. I began my career as a nursing assistant and became an LPN in 2001. I am passionate about healthcare and education, and over the years have continued my nursing education. I currently hold a Master’s of Science in Nursing with a graduate certificate in healthcare education. I have experience in long term care, assisted living, and emergency care. I have a special place in my heart for geriatrics, and am honored to be able to provide care for your family member. I am excited to work within my community and invite you to stop in and say hi next time you are visiting your loved one.

MEET: STEPHANIE NELSON, Director of Nursing

My name is Teresa Yoder. I grew up in northern MN around the Detroit Lakes area. I am the youngest of six children. I moved to southern MN, specifically Lake City, in 2012 to attend college at Winona State University. Throughout my schooling, I had internships at the Channel One Food Bank and the Family Access Center. I also volunteered for the Salvation Army, Family Service Rochester and Recover Health. I graduated in May of 2015 with a Bachelor of Social Work degree. I hope to continue my education after gaining experience in the field. I am looking forward to serving the residents and families of the ZHS community.
Activity Department is taking donations for:

- CD and/or tape players
- Bingo prizes:
  - stuffed animals
  - small knickknacks
  - microwave popcorn
  - wrapped candy
- Tennis Balls for exercise group

We are also looking for volunteers to “Show & Tell” their talents or hobbies.

Check out the new website www.zhs.sfhs.org
CHRISTMAS CRUNCH

Ingredients

1/2 cup popping popcorn kernels, or 2 bags tender white popcorn
1 package of white almond bark
1 1/3 cups broken pretzel pieces
1 (12 oz) bag green and red Milk Chocolate or Mint M&Ms
Red, green and white Sprinkles

Directions

Pop popcorn in a popcorn popper and put into a large bowl. Remove any unpopped kernels. Toss in broken pretzel pieces and M&Ms.

Melt chips in a microwave safe bowl on 50% power in 30 second intervals, stirring after each interval until melted and smooth. Drizzle half of melted chips over popcorn mixture, then stir, tossing gently a few times with a rubber spatula. Then drizzle remaining half of melted chips over popcorn and gently stir mixture until evenly coated (don’t over stir though or your sprinkles won’t stick if the white chips begin to set and harden). Pour mixture into a single layer onto wax paper. Sprinkle entire mixture evenly with sprinkles (as many as you’d like) before vanilla chips set. Allow to cool and harden, then gently break into pieces and store in an airtight container.

Happy Holidays from your Big Stone Therapy Team at ZHS!

As the holidays approach, it can be difficult, and at times stressful, to communicate with your loved one who may have hearing, speech or cognitive disorders.

Tips for Optimal Communication
Reduce distractions in the environment
Ensure that the lighting is adequate
Don’t lean or loom over your partner (position yourself at his or her level)
Gain your partner’s attention before starting to speak
Maintain eye contact
Rephrase, rather than repeat
Speak naturally
Use basic language and a normal tone of voice
Watch for clues for understanding before continuing
Rephrase what your partner has said when necessary
Don’t interrupt or argue
Use visual cues and gestures
Consider conversing one on one or in a small group, rather than in a larger group

As a speech-language pathologist, I evaluate and treat residents in the care center, as well as community based outpatients, who exhibit disorders in the areas of:
Speech, language, voice, cognition and/or swallowing

If you or a loved one has experienced a change or decline in any of the above areas, contact me with questions or to request an evaluation.

Carrie Northway, Speech-Language Pathologist
507-732-8416
Holiday Market
Thursday, December 10
4:00pm-7:00pm
6:00pm Tree Lighting
Handmade Crafts
Baked Goods
Homemade Donuts
Zumbrota Health Services