Happy Labor Day!!
Labor Day is observed on the first Monday in September. It pays tribute to the contributions and achievements of American workers. It was created by the labor movement in the late 19th century and became a federal holiday in 1894. Labor Day also symbolizes the end of summer for many Americans, and is celebrated with parties, parades and athletic events. Our staff at Zumbrota Health Services works hard every day keeping your family and loved ones safe and well cared for. We value our employees and know how hard they work every day. On a day like Labor Day, everyone deserves recognition for what they do to keep our great nation on the right track, but this Labor Day, I want to thank the many staff members here at Zumbrota Health Services for keeping US on the right track and insuring that the labor force of yesterday is well taken care of today.

-Krista Siddiqui
UPCOMING ACTIVITIES AT THE CARE CENTER

Sept. 10-Garage Sale 3p-7:30p
Sept. 11-Garage Sale 8a-4:30p
Sept. 18-Birthday Party at 1:30p
Oct. 16-Birthday Party at 1:30p
Oct. 22-Golden Harvest Fundraiser
Nov. 12-Family Council at 5pm
Nov. 20-Birthday Party at 1:30p

Activity Department is taking donations for:
- CD and/or tape players
- Bingo prizes (stuff animals, wrapped candy, etc.).

We are also looking for volunteers to “Show & Tell” their talents or hobbies.
See Lacey in the Activities Department

Family Council will be held Thursday, November 12 at 5pm in the Dayroom. We welcome all family members to join us. Supper will be served.

The Human Resources/Business Office has moved!
Kerri Hicks’ office is now located just one floor down immediately to the right of the Bridges Assisted Living staircase.

Ask for Kerri at the front desk!

**The Business Office Mailbox is conveniently located in the Lobby and is labeled “Payments”**
Stuffed Acorn Squash is a hearty and festive supper for a fall evening!

**Ingredients**

- 1 acorn squash
- Extra virgin olive oil
- salt & pepper
- 2 sausage links (can be chicken, turkey or pork - I used Trader Joe's Red Wine & Cheese Chicken Sausage)
- 1 small apple, peeled and chopped into 1/4” cubes
- 1 cup chicken broth, divided
- 1/2-5oz box Stove Top stuffing

**Directions**

1. Preheat oven to 425 degrees. Pierce acorn squash several times with a knife, then place on a microwave-safe plate and cook for 2 minutes. Cut the squash in half lengthwise, scoop out seeds, then microwave for 1 additional minute.
2. Lay squash halves on a baking sheet, skin side down, then brush with extra virgin olive oil and season with salt and pepper. Bake for 25-30 minutes, or until a knife inserted into the thickest part of the squash goes in easily.
3. Meanwhile, in a skillet over medium-high heat, remove sausage from casing and sauté with apples until sausage is cooked through, breaking it up as it cooks. Turn the heat down to medium-low, and continue to cook until apples are soft but not mushy, ~3-4 more minutes. Add up to 1/4 cup chicken broth to keep apples from burning.
4. In a separate, small saucepan, bring 3/4 cup chicken broth to a boil. Pour in half the box of stuffing, stir, then place a lid on top and turn the heat off. Allow the pan to sit for 5 minutes, then fluff stuffing with a fork. Combine stuffing with sausage & apple mixture then mound onto cooked acorn squash halves. Place under the broiler until stuffing is golden brown on top.

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**Lymphedema**

Lymphedema is the swelling of a body part, often an arm or leg, due to accumulation of protein-rich fluid in superficial tissues. Lymphedema can develop when lymphatic vessels are missing, impaired, removed or damaged. Effects are often one-sided or asymmetrical. Early stages are relieved with elevation, but without treatment will result in tissue hardening. Later stages present concern for infection, wounds or blood clots.

**How would you know if lymphedema therapy would be helpful to you?**

Signs to watch for:
- Skin feeling tight
- Sensation of limb fullness
- Increased size/volume of a body part
- Decreased flexibility in the joint
- Pitting of the skin

If you notice persistent swelling, it is very important to seek immediate medical advice. Early diagnosis and treatment improves the prognosis and outcome.

**How is lymphedema treated?**

Lymphedema therapy is non-invasive, painless and effective, and can be done as an outpatient in the new rehab clinic in the lower level of ZHS. There are four steps to treatment.
- 1. Gentle, massage to improve lymph vessel activity and re-route fluid to the venous system.
- 2. Wearing short stretch bandages /compression sleeves or stockings to maintain results and prevent fluid re-accumulation.
- 3. Training in exercise and self massage program to aid MLD effects and enhance long-term.
- 4. Skin care—vital to prevent infection, promote healing and establish an effective, life-long routine.

**Who can I make an appointment with?**

The process starts with a conversation with your doctor about your concerns and requesting a referral. In our setting, Lisa Neitge, registered occupational therapist and Sonja Gilmer certified occupational therapy assistant are both certified lymphedema therapists. They specialize in making is easier to manage challenging conditions like lymphedema, wound care and excessive swelling after surgery, skin infection or after having a blood clot. The clinic phone number is 507-732-8416.
Second Annual Golden Harvest Fine Dining Fundraiser

Save the Date! Thursday, October 22, 2015
6:00pm-8:30pm

Mill River Addition at Zumbrota Health Services
Zumbrota, MN

More information to follow