Dear Residents, Family, and Friends of ZHS,

Can you believe it has been one year since the beginning of COVID-19? This has been a challenging year for all, but we are getting closer to the end. This past winter we saw more and more restrictions come into play through the guidance of the CDC and MDH in an effort to protect the residents, and we’re starting to see these restrictions lessen as more people get the COVID-19 vaccine.

In December, our first resident contracted COVID-19 and we opened our COVID unit. At that time, we were among the 8% of Skilled Nursing Facilities in Minnesota that hadn’t yet had a resident case of COVID-19. We were very grateful to have made it so long. In the end, 15 of our residents contracted COVID, despite strict infection control measures. We celebrate that 12 of our residents graduated off of the COVID unit in January once they recovered. With sadness, we mourned the loss of three residents who passed away while living on the COVID unit.

As spring approaches and more vaccines are being given, we are excited to open the care center and assisted living up to more visitors as CDC and MDH guidance changes. 82% of residents at the care center and 93% of residents at the assisted living have received both doses of the Moderna vaccine! This gives us great hope that things can become closer to the normal we were accustomed to previously.

Throughout these challenges, the staff at ZHS have given it their all. Many elements of COVID have made their jobs harder - wearing hot, uncomfortable Personal Protective Equipment all day, getting COVID tested regularly (2 times/week for quite a period of time), quarantines for themselves if they have any signs/symptoms of COVID, providing resident activities and meal service in residents’ rooms, etc. Through it all, our team has looked for ways to continue meeting our residents’ needs. I feel that our caregivers embody what it means to be courageous: doing the right thing in the face of fear. Without these courageous people, we would not be able to provide the care your loved ones need.

Thank you for your kind notes of encouragement to the staff (as well as some special treats!); we have shared the notes with staff and posted them for staff to read, as well as special treats. This means the world to us.

As guidance changes, we look forward to seeing you more in our home at ZHS, and as always, it is a privilege to care for your loved one!

Laura Erickson
Administrator
ZHS is hiring! Currently, there is a great opportunity for anyone who is interested in the nursing field but does not have any experience and wants to gain personal care experience. The position is called a Basic Care Assistant. In this position, ZHS will offer online and onsite nursing aide training. At the end of training, the Basic Care Assistant is able to work alongside the Certified Nursing Assistants. At some point, the Basic Care Assistant will need to be certified and ZHS will pay for the class and test. There are several other great opportunities open:

- Part Time Dietary Aide
- Cook
- Certified Nursing Assistant Full Time—$3,000 sign on bonus
- RN Full Time—$10,000 sign on bonus
- Director of Nursing—$10,000 sign on bonus

How can you help? Please follow/like/share/comment any Zumbrota Health Services hiring posts. This allows for more views and opportunity to find a great employee that will make a difference in our residents lives. If you know anyone, please send them to our career page www.jobswithus.org otherwise direct anyone to contact Heather, HR Director at (507)732-8401.

Social Services Department
Local Services Spotlight:
What is the Senior Linkage Line?
The Senior Linkage Line is a free statewide service of the Minnesota Board on Aging in partnership with Minnesota's area agencies on aging. The Senior Linkage Age Line assists older Minnesotans and caregivers, by connecting them to local services, finding answers and getting the help they need.

What kinds of Services Can the Senior Linkage Line Get You Access to?
- Local transportation.
- Information on Medicare, health and long term care insurance, including help comparing plans and policies.
- Volunteer and non-profit grocery delivery and meal preparation agencies.
- Expert assistance with dressing, bathing and managing medications.
- Chore and housekeeping assistance.
- Experienced professionals to make modifications to your home.
- Local support for caregivers, such as friends and family.
- Licensed professionals to help you in your home, such as nurses or aids.

Senior Linkage Line Contact Information: 800-333-2433

Please do not hesitate to reach out with questions or concerns,
Rachel FollansbeeDelong
507-732-8402
rfollansbeedelong@zhs.sfhs.org
Are you looking for a change for your Friday dinner instead of fish? Try Tortellini Puttanesca. This is Italian pasta dish made with cheese tortellini, tomatoes, olives, spinach, and garlic. I added a twist by adding asparagus. This dish only takes 15 minutes to fix. It is great when you need a quick meal or really hungry. March is National Nutrition Month. Add fresh fruit to round out a balanced meal.

### TORTELLINI PUTTANESCA (CHEESE TORTELLINI with OLIVES & TOMATOES)

- 2 cloves, garlic, minced
- 2 tablespoons olive oil
- 1 pint grape or cherry tomatoes, cut in half
- ½ bunch fresh asparagus, cut 2” pieces
- 1 ½ cups chicken or vegetable stock/broth
- ½ cup sliced black olives
- ½ cup sliced green olives
- ½ cup white wine
- 1 - 20 oz. package of fresh or frozen cheese tortellini
- 1 - 5oz bag of fresh spinach
- Parmesan cheese

1. Heat olive oil over medium heat in large skillet. When oil is heated, add garlic, tomatoes, asparagus and olives. Sauté until tomatoes start to give off liquid (about 2 minutes).
2. Add wine, broth and tortellini; Simmer until tortellini is tender and broth thickens slightly. (about 5-6 minutes)
3. Stir in fresh spinach until it has wilted slightly (about 1-2 minutes).
4. Serve and sprinkle with parmesan.

I am always looking for family recipes to add to our menu. Please send them into me soon. I am working on the Spring/Summer menu, which will be starting in 7 weeks. Can you believe we are close to spring showers and May flowers? If you have recipes that you would like to share, mail or email me at rthompson@zhs.sfhs.org. Have a fantastic spring.

Happy Spring everybody! As the visiting rules are easing up, we are working at sprucing up the building and grounds. All the trees are scheduled for trimming, when weather permits, and we had the parking lot seal coated and re-striped late last fall. We look forward to seeing you all again as we get back to some sense of normalcy! Tim & Todd, Maintenance Department
Residents may have visitors at any time of the day. All visitors will be screened upon entrance. Visitor and resident must wear facemask covering both nose and mouth throughout the visit. Visitors must use hand hygiene throughout their visit (hand sanitizer or washing thoroughly). The resident may choose to have physical contact (ex: hug) if they have been fully vaccinated (completed vaccination series and has been two weeks or more since the end of the series). They must perform hand hygiene before and after physical contact. Visitors must remain in residents room while socially distancing (they may not walk through the halls). Visitors may also take their loved ones outside to visit (masks still required) - Visitors should let staff know if they are taking their loved one outside. If the resident has a shared room, the resident and loved one may visit in the Bistro. If Bistro is unavailable, then they may visit at the far end of Mill Park as the second option. Each resident is limited to 3 people visiting at a time. Visitors under age 12 must be controlled by the adult visitor at all times, comply with social distancing, wear PPE, and use hand sanitizer.

New Visitor Guidance Essential Information
- Residents may have visitors at any time of the day.
- All visitors will be screened upon entrance.
- Visitor and resident must wear facemask covering both nose and mouth throughout the visit.
- Visitors must use hand hygiene throughout their visit (hand sanitizer or washing thoroughly).
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- If the resident has a shared room, the resident and loved one may visit in the Bistro. If Bistro is unavailable, then they may visit at the far end of Mill Park as the second option.
- Each resident is limited to 3 people visiting at a time.
- Visitors under age 12 must be controlled by the adult visitor at all times, comply with social distancing, wear PPE, and use hand sanitizer.

New Outing Guidance Information
- Fully Vaccinated Residents (2 weeks after receiving full vaccine dosing - 2 doses for Pfizer and Moderna, 1 dose for Johnson & Johnson)
  - Will not be quarantined after medical or non-medical outings unless they spend 15 minutes or more time in a 24-hour period within 6 feet of someone who has COVID-19.
  - They should continue infection control practices (frequent hand hygiene, wearing facemask properly, social distancing)
- Not Fully Vaccinated Residents
  - Will likely be required to quarantine

We have started a routine with our scheduled activities. Slowly, we will be introducing more activities to the calendar. We celebrated Valentine’s Day with the crowning of our ZHS Royalty. Richard Atkinson was chosen our King and Sharon Hopkins as our Queen. We had our St. Patrick’s Day party with green beer and mint ice cream. We’ve took advantage of the couple of nice days we’ve had so far, and soaked up the sun. We are continuing video calls and assisting with phone calls as requested.

Any questions regarding visiting, scheduling video calls, or activity questions, please feel free to call me at 507-732-8409 or email at lboesen@zhs.sfhs.org.
Happy Spring Everyone!

Many of us have experienced a lot of changes in the last year. For most of us that has involved less of the activities that we enjoy and less of the socialization that we thrive on. The therapy team at ZHS has continued our efforts to keep your loved ones active, mobile, and engaged throughout all of these changes. We provide Physical, Occupational and Speech therapy to help our residents thrive and remain active during these difficult times. Our goal for all of our residents is to help them maximize their independence, manage their pain and provide them with strategies to interact with their environment and others at their optimal level. The therapy team works closely with our nursing and administrative team to monitor for any therapy needs. If you feel as though your loved one would benefit from therapy intervention or have further questions regarding our services, please reach out.

Did you know that Big Stone Therapies also provides Physical, Occupational and Speech Therapy to individuals from our community in our outpatient clinic? Our therapists offer therapy services to individuals of all ages to: restore function, mobility and strength, prevent falls and improve balance, treat acute and chronic pain, provide lymphedema management, self-care and home safety training, and treat speech, language, swallowing and cognitive disorders. We are taking all precautions to keep our patients safe and provide a separate entrance to access our clinic. If you or anyone you know have a need for therapy services or have questions regarding therapy, please call us at 507-723-8421 and we will be happy to assist you!
Catholic Daughters of America donated two Dignity Quilts

CHECK US OUT ON FACEBOOK
ZUMBROTA HEALTH SERVICES

WE ARE CONTINUING TAKE DONATIONS OF HAPPY HOUR ITEMS, BINGO PRIZES, CRAFT SUPPLIES, MAGAZINES, BLANK GREETING CARDS/POSTAGE STAMPS, AND BEER/WINE/POP FOR HAPPY HOUR. YOU CAN DROP ANY DONATIONS OFF AT THE NORTH ENTRANCE. PLEASE LABEL IT AS “DONATION FOR ACTIVITY DEPARTMENT”. ANY ITEM THAT CAN BE DISINFECTED PRIOR TO ENTERING THE BUILDING CAN BE DONATED.