

# Zumbrota Health Services

## ZUMBROTA CARE CENTER & BRIDGES ASSISTED LIVING

Spring 2024

### ADMINISTRATOR

MURRAY FINGER

### DIRECTOR OF NURSING

KARA DUNN

### HUMAN RESOURCE DIRECTOR

BRENNNA KELLY

### ACTIVITY DIRECTOR & MARKETING

LACEY BOESEN

### DIETARY DIRECTOR

BETH CAROL

### ENVIRONMENTAL SERVICES DIR.

TIM PETERS

### SOCIAL SERVICES DIRECTOR

KINDRA WALSTAD

### BRIDGES ASSISTED LIVING

APRIL ROVANG JOHNSON

### BIG STONE THERAPY

507-732-8421

[WWW.ZHS.SFHS.ORG](http://WWW.ZHS.SFHS.ORG)



CHECK US OUT ON  
FACEBOOK!  
ZUMBROTA HEALTH SERVICES

*The Lord will guide you always; he will satisfy your needs in a sun-scorched land and will strengthen your frame. You will be like a well-watered garden, like a spring whose water never fail.*

---Isaiah 58:11

Well Spring has arrived. Or has it? Certainly, a winter (or lack thereof) for the ages. One must wonder what this season's growing season will be like for the farmers and those who tend to gardens. Let's all pray for rain or snow. Not too picky right now how it comes down.

As I settle into my position here, I pause to reflect on my experience so far here. I can honestly say that I am extremely humbled by all who I have had the privilege to meet here at Zumbrota Health Services.

Speaking of Spring, it is that time of year to advocate for our Seniors and those dedicated employees who serve. I will be attending a "Day at the Capital" in St. Paul this week. Even though it is not a budget year, it is important to continue to dialogue with our representatives. It has been difficult navigating the challenges the last few years since Covid first arrived just over 4 years ago. Staffing shortage continues to be front and center for all senior living communities. It is one area of focus for me.

We are pleased to have strengthen our team here and welcome to those new employees who have chosen us to be a part of our team here. We celebrate those who have recently retired as well. Thanks to all who have served and continue to support our seniors.

-Murray Finger, Administrator



### LeadingAge Minnesota's Annual Day at the Capitol



Senator Steve Drazkowski, Murray Finger, and Mark Schultz from LeadingAge Minnesota VP of Policy and Regulatory Affairs



**EASTER LUNCH**  
Sunday, March 31  
12:00pm

- Pineapple-Glazed Ham
- Twice Baked Potato Bake
- Green Bean Casserole
- Apple Cranberry Salad
- Dinner Roll
- Carrot Cake



If you are planning to attend with your family, we ask that you let us know by March 28th.

Cost \$10 each.

Payments in advanced are encouraged.



Hello everyone. My name is April Rovang Johnson and I am your new nurse for the Bridges. I have been a nurse for over 15 years and have worked in a variety of settings with hospice and home care being my primary background. A little bit about me: I live in Rochester and have a wonderful 18 year old daughter who is attending Winona State University majoring in Social Work. I also have a 2 year old Bernese Mountain Dog named Luna, who is a bit rambunctious, but brings a lot of joy to my life. In my free time I love to be around my family and friends. I enjoy traveling, kayaking, reading and am a huge Minnesota Wild hockey fan. I am so excited to be here with all of you and look forward to getting to know each of you



**THE BRIDGES OF ZUMBROTA ASSISTED LIVING**  
295 W. 4TH STREET  
507-732-8455



**FAMILY COUNCIL**

**April 3rd** Zumbrota  
**4:30pm** Care Center  
**Dayroom**



**INTRODUCTION OF MANAGEMENT STAFF WITH UPDATES**

ALL FAMILY MEMBERS WELCOME



### Kindra Walstad-Director of Social Services

Hello I am the new Social Services Director here at Zumbrota Health Services. I have been a part of this amazing team since November 2023. I am starting to get the hang of things around here and have been loving every minute of it. I am grateful to be able to serve our residents and families.

A little about me- I grew up here in Zumbrota. I went to Christ Lutheran School k-8 grade and Zumbrota Mazeppa 9-12th. I attended college at Winona State University and graduated with a bachelor's degree in social work and am a Licensed Social Worker (LSW).

Before coming to work at ZHS, I worked primarily with children in various settings through a mental health agency in Rochester. In my free time, I enjoy spending time with my family, friends and of course, Millie, my redbone coon hound. In the summer I enjoy being on the lake and ski with the Skidox Waterski Team. I recently took on the role of Director of the Zumbrota Area Food Shelf and am the Youth Leader at my church.

I truly enjoy serving others and am beyond blessed to work and live in this community.

If you are in the building, make sure to stop by and say hi. I would love to meet you!

If you get new insurance cards for your loved one, please give to Kindra to update our records.

### NEWS FROM HUMAN RESOURCES DIRECTOR-BRENNA KELLY

**In the health care industry, our primary purpose is to care for those who depend on us. This spans from Housekeeping and Maintenance to Dietary to Nursing and everyone in between. Many of us have heard the saying it is impossible to pour from an empty glass. This is similar in the situation that we cannot expect ourselves to pour care, joy, compassion to others if we ourselves are empty.**

**Think about things that you enjoy doing away from the workplace, things that “fill your cup.” What are your personal goals? What are activities you enjoy? Schedule an hour at minimum each week for an activity that you genuinely enjoy. Take care of yourself and your mental health.**

**Goal: Write down a list of things you enjoy doing, circle one or two of those items and focus 1-2 hours at minimum doing those activities per week for the next month. Look back at your list after a few weeks and recognize the differences, if any, you are experiencing.**

Resources:  
Employee Assistance Program (EAP) 24/7  
Support, Resources & Information  
Call 800-460-4374  
Online: [guidanceresources.com](https://guidanceresources.com) App:  
Guidance Resources Now Web ID:  
EAPessential  
Suicide & Crisis Lifeline  
Call or Text 988



If you or someone you know needs support now,  
**CALL OR TEXT: 988**  
**CHAT: [988lifeline.org](https://988lifeline.org)**





ZUMBROTA  
HEALTH SERVICES

Spring  
**SALE**

THURSDAY MAY 9

3:30-6:30

CRAFTS, BAKED GOODS,  
PLANTS, HOMEMADE DONUTS  
ARE YOU A CRAFTER? BAKER?  
WE ARE ALSO TAKING DONATIONS!

ALL PROCEEDS GO TO  
EMPLOYEE ENGAGEMENT ACTIVITIES



# LSVT BIG & LOUD®

## PROGRAM



### Evidence Based Therapies for Parkinson's Disease

LSVT (Lee Silverman Voice Treatment) has developed two clinically-proven methods for improving voice/speech and movement in individuals with Parkinson's Disease as well as aging and other conditions including stroke, Multiple Sclerosis, Cerebral Palsy and Down Syndrome. LSVT BIG is delivered by Certified Physical or Occupational Therapists while LOUD is utilized by certified Speech Language Pathologists.



**LSVT BIG** treatment focuses on whole body movements which target amplitude versus quality of movement to improve the ability to move and balance. Improvement is shown with standing from chair or recliner, getting in and out of bed and car, walking and activities such as dancing!



**LSVT LOUD** is an effective speech treatment to improve vocal loudness, intonation, and voice quality as well as facial expression and swallowing. LOUD improves vocal loudness by stimulating the muscles of the voice box and speech mechanism through a systemic hierarchy of exercises to allow patients to improve their communication abilities.



To learn more about these services,  
contact us at:

433 Mill Street, Zumbrota, MN 55992

507-732-8421

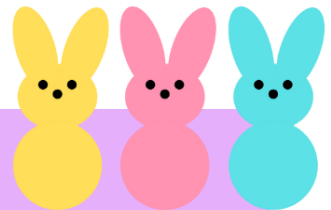
[www.bigstonetherapies.com](http://www.bigstonetherapies.com)



ZUMBROTA  
HEALTH SERVICES  
433 MILL STREET  
ZUMBROTA, MN 55992

ACTIVITY DEPARTMENT IS LOOKING FOR DONATIONS OF:

- BINGO PRIZES: STUFFED ANIMALS, SMALL KNICKKNACKS, NECKLACES/BRACELETS, SNACKS, CHOCOLATE AND QUARTERS.
- SCRAPBOOKING OR CRAFT SUPPLIES
- BEER/WINE/POP/BRANDY FOR OUR WEEKLY HAPPY HOUR



CHECK OUT CURRENT JOB OPENINGS AT  
JOBSWITHUS.ORG OR ON OUR WEBSITE [ZHS.SFHS.ORG](http://ZHS.SFHS.ORG)