

# Zumbrota Health Services



## Spring 2025

### ADMINISTRATOR

AMY SALCHOW

### DIRECTOR OF NURSING

AMELIA ERICKSON-LINNELL

### HUMAN RESOURCE DIRECTOR

CHAD DECKER

### ACTIVITY DIRECTOR & MARKETING

LACEY BOESEN

### DIETARY DIRECTOR

CHUCK PADRNOS

### 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

As of the publishing of this newsletter, I'll have been in position as the Administrator for two months. It has been a great two months. I love Zumbrota Health Services and the Bridges; all the residents and staff. What a wonderful place to be!

We have been working on staffing some critical roles. And really, everyone who works here has a critical role. It takes a village and this is especially true in nursing homes. That said, we have hired a cook, a dietary aide, a maintenance tech, nursing assistants, LPNs, an HR Director and Culinary Director (not to worry, Kim, Mark and Mary are still here!). To say that things will have little changes and improvements is an understatement with all these new faces and ideas. We always welcome your comments, concerns, and praise with open hearts and minds. We strive to provide the best possible care for our residents, be the greatest place to work; and be a strong part of our community.

You may notice a for-lease sign outside the building. We have office or classroom space in our lower level that we are looking to lease out. Zumbrota Health Services and the Bridges are not going anywhere. If interested in leasing the space, please give me a call at 507-732-8132. Have a blessed spring/summer and look for more news in the coming months!

Amy Salchow  
Administrator

# Welcome **AMY SALCHOW** ZHS ADMINISTRATOR

Hello Everyone!

I'm incredibly excited and honored to join the team at ZHS. I look forward to meeting everyone and providing the support and assistance needed in an Administrator. I believe in the mission statement and will work hard each day to fulfill it. It is my hope to become a valued member of your family. I personally feel it is essential to have an open-door policy. I want you to always know you can come talk with me.

I have been in the Nursing Home field for seven years. I went back to school to get a masters degree and change careers about 10 years ago. Previously I was a Facilities and Grounds Director for Stewartville School District. While I loved that position, being in the Nursing Home field has been so personally fulfilling. I love older adults, defending their rights, and bringing them as much joy as possible.

On a personal note, I live with my recent (and amazing) husband, Dave, in a townhouse in Rochester. I enjoy container and raised bed gardening off the deck; cooking/baking; and watching great drama series. The latest one being the Hulu show, Paradise. I love dogs and though we don't have one now, we'll be looking to move to a dog friendly house in the next year and adopting a couple fur babies.

I'll be talking with you soon...

Amy Salchow



## CONTACT INFO:

507-732-8132  
amy.salchow@sfhs.org  
www.zhs.sfhs.org



JOIN US FOR A  
**CILC**  
Virtual  
**TOUR!**

**MAY 14**

**RAT PACK FAVORITES**

Music from Frank, Sammy, & pals!



**CONTACT INFO:**  
LACEY BOESEN, ACTIVITY DIRECTOR  
507-732-8409



**2ND**  
**WEDNESDAY**  
**OF EVERY**  
**MONTH @**  
**2:00 PM**

**OPEN TO THE PUBLIC!**  
THERE WILL BE A  
NEW VIRTUAL TOUR  
EVERY MONTH!

St. Francis Health Services, a non-profit healthcare provider based in Minnesota, is thrilled to announce a groundbreaking technology initiative that benefits the lives of residents and staff across our care centers. Made possible through an innovative grant program, this rollout introduces advanced solutions to activities, dining, environmental services, and nursing—each designed to enhance the resident experience, empower our dedicated staff, and strengthen the communities we call home. Here's how these new initiatives will make a difference:

- **Engaging Activities:** Pepper, a humanoid robot, leads exercise, book clubs, and sing-alongs, while Mobii projection screens transform tables into interactive hubs for games and learning. Monthly virtual tours via the Center for Interactive Learning & Collaboration (CILC) connect residents and local schools to global cultural institutions, and Rendever Virtual Reality fosters healthier, more connected lives through immersive experiences.
- **Dining Elevated:** The TableSide app introduces "Restaurant Style" dining via tablets, tailoring menus to resident preferences while streamlining kitchen operations. Smart bussing robots—BellaBot and PuduBot 2—deliver meals with cutting-edge precision and charm.
- **Immaculate Facilities:** The Maintenance Care app optimizes repair workflows, and the PUDU CC1 robot autonomously sweeps, mops, and sanitizes—ensuring spotless environments with minimal staff burden.
- **Nursing Innovation:** The DS Smart platform cuts documentation time by 40%, sending vitals directly to electronic records for error-free, up-to-the-minute care decisions—freeing staff to focus on what matters most.

"At St. Francis Health Services, we believe that innovation should serve a higher purpose—enhancing care, strengthening connections, and supporting our incredible staff," said Cami Peterson-DeVries, Vice President of Senior Services at St. Francis Health Services. "By integrating cutting-edge technology into our daily operations, we're not just streamlining processes—we're creating more meaningful moments for our residents and staff, ensuring experiences are engaging, personalized, and filled with joy". This technology rollout underscores St. Francis' mission to reinvest in what truly matters: the people who call our care centers home and the neighbors we're proud to serve. Open House events will be held in the coming weeks to unveil these new technologies to our communities.

Look at Zumbrota Health Services Facebook page for upcoming events regarding our new technology grants!



# CHAD DECKER

Greetings, ZHS Team!

My name is Chad Decker, and I'm excited to be joining this organization. From everything I've heard, you've built something truly special in healthcare, and I can't wait to be a part of it. I know I have some big shoes to fill, but I'm ready for the challenge and eager to get started!

A Little About Me

Work:

I've been in Human Resources for quite a few (okay, many!) years, with a strong focus on healthcare HR. I truly enjoy working with teams to support the people who provide care to patients every day. From recruiting to workplace culture and ensuring work-life balance, my passion lies in helping healthcare folks enjoy work and personal life.

Personal:

I grew up in Rochester and, aside from my college years in Minneapolis, have spent my whole life here. My wife, Becky, is an RN at Mayo, so I've seen the dedication it takes to work in healthcare. We have four wonderful kids who keep us busy:

- Noah – A recent college graduate now working in HR in Winona.
- Gracie – A junior at Stevens Point, pursuing a degree in Fish and Wildlife.
- Samuel – A senior at Mayo High School, planning to study Physical Therapy at Eau Claire.
- Lily-Rose – A sophomore at Mayo and a dedicated soccer player (which means I spend a lot of weekends cheering from the sidelines!).

When I'm not at a soccer tournament, I love riding side by side with friends and, when winter hits, I try to get out for some cross-country and downhill skiing. I also enjoy playing the bass guitar.

I'm looking forward to meeting all of you, learning more about ZHS, and working together to continue making this an outstanding healthcare organization for both employees and the patients we serve. See you soon!



# CHUCK PADRINOS

Greetings ZHS staff and residents!

My name is Chuck Padrnos and I have accepted the position of Culinary Director. I look forward to again working for a faith based organization. I take great pride in providing wonderful food and dining services to my residents. My background is in restaurants but I have spent the last 13 years in senior care. I got into cooking at an early age and officially started my cooking career at Pannekoeken of Rochester at the Crossroads Plaza. While there I also took a position with the Ground Round. From there, I went on to be one of the opening line supervisors at TGI Friday's in Rochester. At this point my wife attained her PhD in Molecular Biology from Mayo and we moved to Richmond VA where I began my management career with Applebees. I spent the next 15 years working at a dozen different locations throughout VA, NH, VT, MA and MN. We ended up in Rochester where I ran the Applebees in Red Wing and then stepped down to be the kitchen manager at the Apache Mall store due to the amount of time spent on the road commuting. After Applebees, I spent two years working for Old Country Buffet. At this time I decided a career change was in order because my kids were growing up and I wasn't able to be involved in their lives. I started my Senior Care career at Madonna Towers in Rochester as the Assistant Culinary Director. Two years later I the Director position and oversaw operations of all three Madonna Campuses. After Madonna, I spent two years with Edenbrook of Rochester and most recently spent a year at Fairview Care Center in Dodge Center.

I look forward to bringing new, innovative ideas and techniques to Zumbrota to enhance the dining experience of both the residents and staff.





ZUMBROTA  
HEALTH SERVICES

# *SPRING* SALE

THURSDAY

MAY 15

3:30-6:00

WE NEED  
YOUR HELP



**DONATIONS WANTED**

BAKED GOODS, CRAFTS OR PLANTS

SEE LACEY IN ACTIVITIES

BAKED GOODS, PLANTS  
HOMEMADE DONUTS, CRAFTS

433 Mill Street





ZUMBROTA  
HEALTH SERVICES

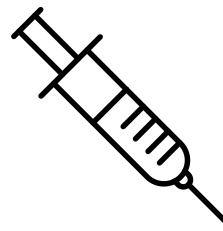
# FAMILY COUNCIL

Thursday, May 15  
4:30

## DAYROOM

Meet & greet directors  
of each department  
All family members are invited

Spring Sale 5/15 at 3:30-6



## FAMILIES

RSV IMMUNIZATIONS AND COVID BOOSTERS ARE AVAILABLE FOR OUR PHARMACY TO ADMINISTER AROUND THE 2<sup>ND</sup> WEEK IN MAY. SEE YOUR NURSE MANAGER TO SIGN CONSENTS!

HAPPY SPRING, EVERYONE!

DID YOU KNOW THAT WE PARTNER WITH IN HOUSE SENIOR SERVICES AND OTITSKY VISION CARE TO PROVIDE PODIATRY, HEARING AND VISION SERVICES IN HOUSE? WE WILL ALSO BE STARTING TO PARTNER WITH A NEW COMPANY, ASSOCIATED CLINIC OF PSYCHOLOGY, TO PROVIDE MENTAL HEALTH SERVICES! THIS WILL STARTING JUNE 1, 2025. IF YOU WOULD LIKE YOUR LOVED ONES ON THE LIST FOR ANY OF THESE SERVICES, OR WONDER IF THEY ARE ALREADY

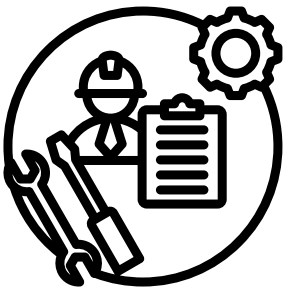
ON THE LIST, FEEL FREE TO REACH OUT TO ME!

KINDRA.WALSTAD@SFHS.ORG OR 507-732-8402

I HOPE THIS NEWSLETTER FINDS YOU WELL!

KINDRA WALSTAD, LSW

DIRECTOR OF SOCIAL SERVICES



Greetings from Maintenance!

We are heading into spring with the hope of a nice summer ahead. We have hired a new Maintenance Tech, who will be starting soon! His name is Bernado.

Our new robots are scheduled to arrive soon also, it won't be long before we start seeing them travelling the building, one of them will be cleaning floors and the other will be delivering food trays to resident rooms. In addition, Lacey has lined up a volunteer team to re-roof and paint the patio structure, Big thanks to Lacey!!! Have a great Summer!!! - Tim

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Wyatt Rostad decided to complete his Eagle Scout project for Zumbrota Health Services. He raised money to re-roof and shingle the outdoor patio structure and recruited volunteers to complete the project in May. He also plans on painting the structure. We are very appreciative of Wyatt's determination and dedication for his community!



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 OUR WEBSITE AND FACEBOOK FOR  
UPCOMING ACTIVITIES AT [ZHS.SFHS.ORG](http://ZHS.SFHS.ORG) OR ON OUR  
FACEBOOK PAGE "ZUMBROTA HEALTH SERVICES"