~ Welcome to the Holiday Season
Residents, Family, and Friends of ZHS ~

May we celebrate our many blessings of 2021 as we persevered through another year of COVID.

Who knew face masks would become such a fashion statement. I would like to introduce myself and some wonderful new staff at ZHS: My name is Angela and I am the new Administrator. Please stop by my office and introduce yourself if we have not met. I grew up on a farm in Arthur, North Dakota 30 miles from Fargo – Go Bison! For 16 years I worked as an Auto Body Designer for General Motors. I decided to make a career change and become a Licensed Nursing Home Administrator. I have worked at a few other skilled facilities in the area before arriving at ZHS. I am very blessed to be working with great staff, residents, and families. I have a husband Rob who works in the IT field, we have one son Robbie who is a junior at Mayo High School, and a cat named Quincy.

Lyndsey Callahan - DON
Brenda Moon – MDS & ALF Nursing Director
Vanessa Harstad – HR
Mikael Bunch – Dietary Manager

The holiday season is a time defined by stories from the tales that get told to children everywhere, to the memories that your family laughs about around the dinner table. May everyone create wonderful memorable moments to share in the coming years.

Wishing you God's wonderful gifts of faith, hope, peace and love at Christmas and always.

Angela Lako-Quinn
Administrator

Zumbrota Health Services is a non-profit affiliate of St. Francis Health Services of Morris
My name is Lyndsey Callahan and I am very excited to be here! I have worked with the geriatric population since 2013. I started out as a nursing assistant, worked through school and got my RN in 2016. I was a floor nurse in a skilled nursing facility for over a year. I then had a stint working as a labor and delivery/postpartum nurse for 2 years. I then was hired as DON at a skilled nursing facility and spent 2.5 years in that position. I am originally from Northfield, MN. I currently live in Kenyon, MN with my fiancé, Ryan, and our fox red lab Drake. I have a soon-to-be step daughter that is 13 years old, and her name is Kaeden. My wedding is set for October of 2022. In my spare time I enjoy spending time with family and friends, fishing and hunting. I am excited to be a part of the ZHS team and look forward to providing excellent care to the residents alongside the wonderful and caring staff here!

Please assist us with keeping our residents and staff safe by adhering to these guidelines, the county positivity rate in Goodhue county continues to be above 10% (in the red zone). We will re-evaluate when the positivity rate comes down.

**General Visiting Guidelines:**
- Must Check in at Covid Desk.
- Must wear a surgical mask- we will provide if needed.
- Prefer that you stay in resident’s room, may go in common areas as long as you/resident are masked and staying away from others visitors/ may go outside.
- If in a double room, please visit in designated areas (Bistro, then Mill).
- No goggles or scheduled appointment needed.
- Visits are on week days and weekends.
- Unvaccinated visitors must wear their mask above their nose for the entirety of their visit and avoid touch.
- Can bring food in.
- Pets are okay, if under control, most recent vaccination paperwork must be on file at ZHS before visiting.

**Guidelines for Holiday Meals- Thanksgiving and Christmas 2021**
- Due to county positivity rates in Goodhue County above 10% we will not be offering meals for family/visitors on Thanksgiving 11/25/21, Christmas Eve 12/14/21 and Christmas Day 12/25/21.
- You are more than welcome to bring in food for your loved one, or take them out.
- Please contact us in advance if you plan to take out your loved one for holiday meals.
- We want to remain fair and consistent to all family members and visitors during this time.

If you have any questions or concerns, please contact the Administrator-
Angela Lako- Quinn 507-732-8132
Thank you for your cooperation and understanding.

Over the counter medications such as Tums, Biotene, medicated lotions, pain reliever or allergy medications need to have a doctor order and the resident must have an assessment done with nursing to keep in their rooms. This also goes for wheelchair cushions or assistive devices. Please see Director of Nursing with any questions.
St Francis of Morris- Zumbrota Care Center- Falls Prevention Grant

Supporting person centered care that values individual preferences, focusing on reducing falls and promoting a culture of safety.

Strategies-
- Fall risk factors and assessments will be done at the time of move-in and on a regular basis to identify individuals at risk of falling (fall history, gait/strength/balance tests, identifying medications that increase fall risk, health status changes, assessing feet and footwear, routine/habits and preferences.
- Engage resident and families to develop strategies to address fall risk factors (physical and occupational therapy referrals, optimize medications, address blood pressure changes affected with movement, management of chronic conditions, exercises, actively engage residents & families to develop a personal fall prevention plan.
- Reduce personal alarms- research indicates that personal alarms are ineffective and SFHS does not promote the use of personal alarms for falls prevention.

Person Centered & Person Directed Care-
- SFHS is collaborating with the Pioneer Network to improve the culture of person centered and person directed care within our care center. Staff continue to learn how to better address resident needs and lifestyle choices to reduce a resident’s risk for falls.
- The goal is to improve the quality of care and quality of life where residents make their own choices and have control over their daily lives. It is about creating a culture of aging that is inclusive, life-affirming, satisfying, dignified and meaningful.
- Elements of Culture Change Include- Residents providing direction in care and daily activities, home atmosphere, building close relationships between staff/residents/family members, collaborative decision making.

Tips for Staying Safe in the Winter

- Maintain your walkways
  - Ask for help from family or a neighbor if needed
- Allow for Extra Time
  - Don’t rush- it’s not worth a fall
- Dress Appropriately for the Weather
  - Remember footwear with treads and good traction
- Walk more slowly and with a wider gait
  - Remain aware of your surroundings
  - Be careful on uncertain ground
  - Don’t get out of your vehicle if you’re unsure
- Bring a cell phone
  - You can call a family member, friend of neighbor if you get into a bind

Big Stone Therapies in Zumbrota provides outpatient services in physical, occupational and speech therapy. Contact us at 507-732-8421 for a complimentary screen, if you have any concerns about balance, walking or safety in the winter months.
I have an announcement. I have accepted a new position as Dietary Director with St. Francis Health Services (SFHS). SFHS has thirteen sites around Minnesota. I will be traveling to these sites periodically throughout the year. I will remain as the dietitian for ZHS so I will be visiting on a regular basis. I have enjoyed my time at ZHS and I am extremely sad to not seeing the residents daily. Their quality of meal and service has been my number one focus. As Dietary Director, I hope to carry these standards throughout SFHS.

My second announcement is that Mikael Bunch will be taking over as Assistant Dietary Manager at ZHS. He brings five years of food service management. He is currently taking classes to become Certified Dietary Manager. He brings some new ideas with keeping resident’s preferences in mind. His goal is to create an Everyday Menu, which will allow different options for meal selections.

Here is a new recipe for you to try during the holiday season. This meatloaf gives you a hint of Thanksgiving dinner without the fuss.

**Cranberry Glazed Turkey Meatloaf**

1/3 cup whole cranberry sauce  
1/2 cup chili sauce  
1 lb. ground turkey  
1/2 lb. sage pork sausage  
1 egg, beaten  
1 cup Panko crumbs (or gluten-free oatmeal)  
1/2 onion, diced  
¾ tsp poultry seasoning  
1/2 tsp salt  
Pinch of black pepper

1. Preheat oven to 350. Oil loaf pan.  
2. In a small bowl, stir together cranberry sauce and chili sauce until combined. Set aside.  
3. Put the remaining ingredients into a medium mixing bowl. Add 1/3 of sauce mixture to the bowl. Use your clean hands to lightly but thoroughly mix all ingredients.  
4. Press your meat mixture into the loaf pan and bake for 1 hour. Remove from oven and spread the remaining sauce over the top of meatloaf. Return to oven and bake additional 10 minutes.  
5. Allow meatloaf to rest for 10 minutes before slicing.  
Source: [https://awesomeon20.com/cranberry-glazed-turkey-meatloaf/](https://awesomeon20.com/cranberry-glazed-turkey-meatloaf/)

We are happy to report that we have two recipes that we have received from families that we have incorporated into our menus. I am always looking for family recipes to add to our menu. They can be desserts, casseroles, main dishes or anything. If you have recipes that you would like to share, mail or email at mbunch@zhs.sfhs.org
Zumbrota Health Services has several great job/career opportunities. We are asking the Zumbrota and ZHS community to spread the word. Here are the current opens:

Full Time RN Positions: AM and NOC schedules. *Updated Sign on Bonus $15,000
Certified Nursing Assistant Position: Full-time and Part-time positions open. Full-time positions offering a $5,000 sign on bonus
Basic Care Assistant: Non-certified aide. ZHS offers online/onsite training. Full-time and Part-time positions open
Resident Assistant: Assisted Living is now hiring a part-time NOC position
Dietary Aide: PM and AM shifts available

ZHS appreciates any effort or support in spreading the word.
Thank you,
Vanessa Harstad
HR Director

As of today, we have no confirmed cases of COVID-19 in our care center. Our care center continues to test unvaccinated staff twice weekly due to county transmission rates. We are following recommendations from the Minnesota Department of Health (MDH), the Centers for Disease Control & Prevention (CDC) and the Centers for Medicare & Medicaid Services (CMS).

During the next few weeks, we will be implementing the required federal COVID-19 vaccination policies mandated by CMS. This means that all of our staff must be vaccinate against COVID-19 by Jan. 4, 2022. Our policies, as federally required, will allow for religious and medical exemptions for staff that qualify.

The Delta variant has caused COVID-19 cases to spike in our area and across Minnesota. The COVID-19 vaccine has proven to be the most powerful tool to prevent infections and reduce transmission of the highly contagious virus.

As the winter months begin, we believe that that this push to increase vaccinations in our staff team is critically important to our community. Employees received notice of our COVID-19 vaccination policy on this week. As we work to implement the policy, we ask for your grace and understanding.

We want to assure you that we pledge to provide safe, quality care for all those we serve. Please follow our Facebook page (@Zumbrota Health Services) or our website (www.zhs.sfhs.org) for all COVID updates and information on what is happening inside our care center. Please do not hesitate to reach out to Angela Lako-Quinn, Administrator, at 507-732-8132 or by email at alako-quinn@zhs.sfhs.org if you have any questions or concerns.
Activity Department is looking for donations of:
- Bingo prizes: stuffed animals, small knickknacks, necklaces/bracelets, snacks and chocolate
- Craft supplies
- Beer/Wine/Pop for our weekly Happy Hour

Bridges Assisted Living is in need of 300 piece puzzles.

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