Rejoice & Renew

It is once again Spring where flowers will start to bloom, and the birds will begin to sing. This wondrous renewal begins with Easter and the resurrection of Christ. Who has freed us from our sins so we may live in eternity with our Lord and Saviour. May we all feel the energized spirit of the Lord working in us.

Expression of Gratitude

I would like to express my gratitude with a special thank you to all the wonderful staff of Zumbrota Health Services. The care and respect you provide to the residents, their families, and friends is outstanding. Each and every one of you bring a unique quality and connection to the residents. This does not go unnoticed as residents and families stop by my office and express their gratitude. Be proud that you are making a positive difference in everyone we serve. I am very blessed to be your Administrator and work alongside each of you.

We would love the opportunity to have you join our family at the Bridges of Zumbrota.

Are you struggling at home or need some extra support. We are running a move in special where your first month rent and meals are free. This special is valid until May 1st, 2023. Please contact Brenda Moon the Clinical Nurse Manager, RN at 507 732-8455.

Please Take Action!

In light of the Governor’s inadequate response to pay caregivers a livable wage, we are asking that you please take action today by contacting your state senator. Urge them to make sure seniors and their caregivers are not forgotten. There is a $17 billion surplus, which means there are plenty of resources to ensure that we can care for seniors in any place they want to call home. Go to LeadingAgeMN.org and click on the “get involved” tab or follow the link below. You can send the letter they have provided or to make a bigger impact customize your message.

https://www.leadingagemn.org/get-involved/take-action

Angela Lako-Quinn - Administrator

Zumbrota Health Services is a non-profit affiliate of St. Francis Health Services of Morris
Please assist us with keeping our residents and staff safe by adhering to these COVID-19 guidelines. We will re-evaluate when the county positivity rate comes down.

General Visiting Guidelines:

- Must wear a mask - we will provide if needed.
- Visitors do not have to sign in. We are asking, if you are feeling unwell, please postpone your visit.
- Pets are okay, if under control, most recent vaccination paperwork must be on file at ZHS before visiting.

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

Human Resources

Hello! My name is Brenna Kelly, the new Human Resources Director here at Zumbrota Health Services. I am very excited to be here and become part of the ZHS Family! A little about me, I grew up here in Zumbrota and graduated from Zumbrota Mazeppa High School. During High School I worked here, Zumbrota Health Services, as a dietary aide. I then went off to graduate college from Winona State University with my bachelor’s degree in human resource management. I married my husband, Zachary, and moved to Alaska for 3 years due to his military affiliation. There I started working for a family owned airline as an assistant and grew into a Recruitment Manager position. While in Alaska we had our daughter, Braelynn. She is just about 2 years old and keeps us very busy! After Zachary finished his contract, we moved back to Minnesota and are now living in Pine Island. We are looking forward to growing our family within the local community.

Social Services

Local Program Spotlight - Meals On Wheels

Meals on Wheels is a community-based service that provides fresh, nutritious meals directly to the homes of seniors and individuals with disabilities within our community. In addition to regularly providing healthy foods, caring volunteers provide social connection that helps meal recipients remain living independently in their own homes.

With the help of Meals on Wheels programs, seniors and people with disabilities get the nourishment and human connection needed to support daily activities, while reducing the need for medical support. For some recipients, these daily meals are the difference between living in their own homes and moving to a nursing home.

Meals on Wheels could not exist without the help of volunteers who deliver the meals and donors who help those who cannot afford it pay for the meals. Please contact your local Meals on Wheels to find out about how you can get meals, volunteer or donate.

Red Wing Meals on Wheels: 651-385-3434
Kenyon Meals on Wheels: 507-789-4663
Lake City Meals on Wheels: 651-345-3321 ext. 507
With the upcoming change in season, it’s a great time to do a little spring cleaning in your loved ones room. Time to change out the fall/winter clothes with spring/summer.

How to Talk with Someone who has Hearing Loss

Here are some tips you can use when talking with someone who has a hearing problem:

- In a group, make a point to include people with hearing loss in the conversation.
- Find a quiet place to talk to help reduce background noise, especially in restaurants and at social gatherings.
- Stand in good lighting and use facial expressions or gestures to give clues.
- Face the person and speak clearly. Maintain eye contact.
- Speak a little louder than normal, but don’t shout.
- Try to speak naturally and at a reasonable speed.
- Do not hide your mouth, eat, or chew gum while speaking.
- Repeat yourself if necessary, using different words.
- Try to make sure only one person talks at a time.
- Be patient. People with hearing loss may also be frustrated by their condition. Stay positive and relaxed.
- Ask how you can help.
Activity Department is looking for donations of:
- Bingo prizes: stuffed animals, small knickknacks, necklaces/bracelets, snacks, chocolate and quarters.
- Craft supplies
- Beer/Wine/Pop for our weekly Happy Hour

We are also looking for donations of plastic hangers.

Check out the most current job openings at jobswithus.org or on our website zhs.sfhs.org

Like us on Facebook