



Veterans Day Nov. 11th, 2011

Aitkin Health Services
Annual Family Christmas Party
Saturday 1:00 To 3:00
December 3rd, 2011
RSVP - 218-927-5510

From The Administrator
James Ingersoll

I come to Aitkin Health Services with a great deal of excitement and a bit of a challenge as this is my first dual-role Administrator position. The dual role involves the operations of two organizations; Renville Health Services and this facility. We seem to have a great team of Directors assembled here on campus. Recently, we added to that team when Maria Freidlund, Director of Nursing, and I were involved in the hiring of a new Human Resource Director. Patricia began her work on the 12th of September.

I have over fifteen years of long term care experience. My previous experience includes facilities and/or campuses in Starbuck, Austin, the Veterans Home in Minneapolis, and most recently in Renville, MN (four yrs.). I find St. Francis an exceptional company to work for and they seem to be at the cutting edge of improvements in our industry.

As we spend more time together, you will see I take great pride in caring for the elderly. Their quality of life and quality of care is of utmost importance to me and I will do everything in my power to uphold that quality. A simple goal I have as I administer each of my facilities; is to continue to make it a place I would bring my grandmother to.

On a personal note; I live in Glenwood, have three beautiful children ages 17, 14, 10. Alex, Kit, and Paige; they keep me busy with soccer, music and family adventures. My hobbies include sailing, reading, motorcycling, travel and golf.

Because of my dual Administrator's role, I will hold office hours here in Aitkin on Tuesday's and Thursday's. I hope to get an opportunity to meet you and work with all of you in meeting our resident's healthcare and living needs.

God Bless,
James B. Ingersoll
Administrator
Aitkin Health Services

Aitkin Health Services
Family Council

WHAT DOES A FAMILY COUNCIL DO?

Benefits to family members and the nursing home are numerous

- Families get to know other families. Because of their shared experiences, family member can give the kind of support to each other that no one else can.
- Families get to know the long-term care system. Learning more about the long-term care system and the role of regulatory agencies can relieve much of the anxiety and confusion family members experience.
- Families get to know the nursing home staff and administration. Many councils invite the administrator, social service staff, and department heads to speak at meetings, to explain their responsibilities and how their departments operate. If the meetings are conducted in an open, friendly atmosphere, families feel free to ask questions and discuss their concerns. Nursing home staff have the opportunity to learn how the family members really think and feel, and to resolve many of their concerns. Both groups come to know each other better, as individuals, which leads to more open communication in the future.
- Families have input into nursing home decisions. Family Councils can share ideas with staff and administration on such things as remodeling plans, family nights, or the problem of lost clothing. The nursing home benefits by having a group of involved individuals they can come to for advice and support. Families, by being part of the decision-making process, are more involved in the lives of their loved ones who live in the home.
- Groups can be more effective than individuals working alone. Many decisions are made in the legislature and elsewhere which affect the lives of nursing home residents and their families. An organized group of family members can influence these decisions by lobbying, letter writing, etc.
- Nursing home residents benefit from increased involvement in families. Discussing what's going on in the home, sharing activities, and working together on various projects can help to draw families and residents closer together.

AHS Family Council Meets The Fourth Tuesday Of The Odd Numbered Months
Nov. 22nd ~ Jan. 24th ~ March 27 ~ May 22nd ~ July 24th ~ Sept. 25th ~ Nov. 27th
Meetings Are At 1:00 And Held In Conference Room 2 On The Lower Level Of AHS.

Rooster At The Pumpkin Patch
Our Watermelon Crop
Pup Visits

Birthday Celebration

Pontoon Ride

Fond Farewell to Michele & Marcia You Both Are Greatly Missed

Snack Time

THIS VETERAN'S DAY, WE HONOR THOSE WHO HAVE SO BRAVELY SERVED THIS COUNTRY. AMERICA IS FOUNDED ON THE PRINCIPLE OF FREEDOM, JUSTICE, AND LIBERTY FOR ALL. OUR NATION'S SOLDIERS SERVE EVERY DAY TO PROTECT OUR COUNTRY AND ITS IDEALS. ON VETERAN'S DAY, TAKE A MOMENT TO REMEMBER ALL THOSE WHO SACRIFICE THEIR LIVES EVERY MOMENT TO ACHIEVE PEACE AND DEMOCRACY.

ENLIST!
SPARS
WILL YOU HAVE A PART TO VICTORY?
IF YOU WANT TO FIGHT JOIN THE MARINES
I WANT YOU TO LOVE YOUR COUNTRY

Honoring All Those Who Served

Neil Pearson Army
Lowell Fenstermaker Merchant Marines
Walter Johnson Navy
Ted Nastoff Army
Frank Keys Army
Ron Orr Air Force
Carl Manson Army

7 VOLUNTEERS ARE WE WANT YOU! ALWAYS NEEDED

Thank To All Of Our VOLUNTEERS

Greetings From Social Services

Beginning September 1st, 2011, Rachel Coffman, Social Services Director, will be handling the resident trust accounts. If you would like to set up a resident trust account, withdraw money from your account, or have any questions or concerns regarding your account, please contact Rachel at 927-8202 or stop by the office. MDH Resident satisfaction surveys will be conducted on October 27th. Letters to resident's families went out on October 6th. The residents were informed about the surveys during the monthly resident council meeting held on October 4th. Also, now in the Social Services department is the addition of intern Chris Hamdorf. Chris is a senior with the College of St. Scholastica in the Social Work program and resides with her family in Aitkin. Chris will be interning at Aitkin Health Services from September 12th through the first week of December.

Ramblings
Aitkin Health Services

Enjoying The Great Outdoors

VALENTINES ROYALTY
QUEEN ROSE RINGHAND
KING WALTER JOHNSON

DID YOU KNOW...
AROUND 90 TO 95% OF THE PROCESSED PUMPKINS IN THE UNITED STATES ARE GROWN IN ILLINOIS
PUMPKINS ARE FRUIT - PUMPKIN FLOWERS ARE EDIBLE.
PUMPKINS WERE ONCE RECOMMENDED FOR REMOVING FRECKLES AND CURING SNAKE BITES.
THE LARGEST PUMPKIN EVER GROWN WEIGHED 1,140 POUNDS - PUMPKINS ARE 90 PERCENT WATER.

PUMPKINS FOR A HUNDRED ALEX!

Pumpkin Custard Pie

1 3/4 cups pumpkin puree - 3/4 cup white sugar
1/2 teaspoon salt - 1 teaspoon ground cinnamon
1/2 teaspoon ground ginger - 2 eggs, beaten
1 cup heavy whipping cream - 1/2 cup milk
1 (9 inch) unbaked pie crust

Preheat oven to 400 degrees F. - In a saucepan, stir the pumpkin over medium-high heat for 10 minutes until slightly dry and caramelized. Remove from heat; add the sugar, salt, cinnamon and ginger. Mix well. - Add the eggs, cream and milk. Mix until smooth; pour into pastry lined pie pan. Bake for 25 to 30 minutes or until crust is golden brown. Allow to completely cool on rack before cutting.

Set Your Clock Back
November 6th

Thank For All The Hard Work From Our Volunteers And Staff That Made Our Annual Garage & Bake Sale Another Great Success!

Garage Sale

Upcoming Events
Nov. 11th - Veterans Day
Nov. 25th - Aitkin's Fish House Parade
Dec. 3rd - Family Christmas Celebration

Just Another Reminder.. Your Always The Right Age To Volunteer.

Welcome

On September 7, 2011 I came to Aitkin Health Services as the new Director of Human Resources. As I begin my journey in my new position I am excited to be able to support our employees with benefit's administration, professional growth, and to help them sustain a healthy work environment. I have enjoyed my short time here with Aitkin Health Services and the staff and residents and their families are wonderful. I am looking forward to the future and being able to be a service to all; I am also focused not only on staff support but also to be an advocate for our residents and their care.

My husband Larry and I live in the City of Garrison and enjoy fishing, riding motorcycle, and gardening.

Pat Charlson
Aitkin Health Services New
Director of Human Resources

Blessings to all,
Patricia Charlson
Director of Human Resources

Passing Of The Keys...

Michele Halverson is Passing Her Keys To James Ingersoll
James is Aitkin Health Services New Administrator.
Welcome James From All Of Us At AHS.
Good Luck To Michele & Family On Their New Adventure.

From The Back Burner...

Greetings from Shanna Pratt,
Director of Dietary Services!

I would like to extend a heartfelt thank you to everyone who contributed time, energy, and recipes for our cookbook "Recipes from the Heart." There are over 190 excellent recipes and dozens of helpful hints included in the hardcover cookbook, available for \$12.95. Please contact me at (218) 927-5563 if you are interested in purchasing any. They will also be available for sale at our annual garage and bake sale on Friday, Oct. 21st and Saturday, Oct. 22nd.

I would also like to remind families and friends of our residents that you are all welcome to join your loved one for meals at any time. Regular meals cost \$5.00. Special Holiday Meals cost \$6.00. We are able to accommodate many different size groups. We would like to ask families and friends to please give us at least 24 hours notice prior to joining us for a meal, especially around the holidays. You can contact us at (218) 927-5526.

Thank you again. We look forward to seeing you during the holiday season!

Do You Remember A Fond Christmas Recipe Or Craft That Would Bring Back Memories From A Time Forgotten?

Let Our Activities Staff Know And We Will Do All We Can To Recreate That Memory With Your Loved One