

January 2023

A Note from our administrator

Happy New Year! I hope you all had a blessed holiday season and were able to spend time with loved ones. As I was preparing to write this newsletter, I began reflecting on the past year and what a year it has been! While we continue to struggle with the impact of COVID and staffing challenges, we have so many other reasons to be grateful and celebrate.

I am so proud of Harmony River and the wonderful work and care that is provided to the residents every day. In 2022, we welcomed 172 new admissions, served 115 residents who discharged to home or other care environments, and said goodbye to 61 residents who are now in their heavenly home. It has been and continues to be a privilege to care for all the residents who call Harmony River their temporary or permanent home.

In 2022, we had our first full regulatory Minnesota Department of Health survey since before COVID. In a time when these surveys are extremely difficult, intensive, and often with heavy ramifications, I am grateful to say ours was a success. It is not uncommon for a care center to have many care-related or environmental deficiencies. However, during our survey, one area of concern was identified and remedied prior to the surveyor's leaving. Because of the positive outcome from our survey, we were able to move from a 4-star to a 5-star facility!

We also held many fun and meaningful activities this year. Some that stand out the most to me include our 2022 (indoor) block party, ladies' tea parties, men's pub, and hunting days. Of course, there are many others that would take too long to mention! We look forward to resuming other events for the community, like the annual Fall Extravaganza, which has been on hold since COVID. Our hope is this can return in 2023 along with other community lead groups and organizations.

While we have continued challenges and such great uncertainties about the future, especially as it relates to staffing challenges and a heavily regulated environment, I find relief in scripture. We read in the book of Isaiah, "Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand." (Isaiah 41:10) This brings such reassurance as we head in to 2023! We know that whatever the future holds, God's mercy and guidance will lead us.

Grace and peace to all of you,
Luke Krueger,
Campus Administrator

Harmony River

Facebook

A glimpse of the year in review. Be sure to like us on Facebook, there are hundreds more pictures there!



Stream update

The STREAM grant is in its performance year and the focus is on maintaining our gains with improving our resident's continence.

The STREAM mission statement and daily focus is "Empowering People to Live Full, Dignified Quality Lives."

Individualized toileting programs are now a part of the culture at Harmony River and we are dedicated to sustain this after the grant ends.

Our nurses have taken the Nurse Incontinence course over the last three months of 2022. This is an in-depth education about incontinence, root cause analysis, interventions, and ongoing evaluations for our programs.

The consortium meeting in December hosted education by Aegis Physical Therapist, Tyler Brjuhos, who highlighted how Occupational and Physical therapy can be beneficial for all types of incontinence. Our Therapy Director, Denise Hanson and a Liz Thompson, Physical Therapy Assistant attended as well.

Kay Kivisto, RN
Clinical Information Specialist



Culinary Comments



If you really want to make a friend, go to someone's house, and eat with them... the people who give you their food give you their heart.

Cesar Chavez

Volunteers/Beauty Shop

The Harmony River Beauty Shop is open Tuesdays and Thursdays from 9:00 a.m. to 3:00 p.m.

If a resident needs an appointment, please call 320 484-6040 to set up an appointment.

Wendy Richardson, our beautician, does an excellent job. Wendy is a contracted employee and must pay a commission to use the beauty shop at Harmony River. Therefore, we do not allow any other beauticians to come in and use our beauty shop. However, a resident may have their personal beautician come into their room and do their hair.

Prices:

- Haircut = \$18
- Shampoo/set = \$18
- Perm = \$65
- Color = \$50
- Beard trim = \$6



Aegis Therapy

Heading south for the winter? Binge watching TV series? Spending time on the computer or looking down at pictures on your phone? Something to think about if you are doing these things is what your posture looks like.

Poor posture can have negative effects on your body. Our bodies are designed to be in good alignment to allow for proper movement of our muscles, proper breathing, allowing blood to move throughout our bodies and good digestion. Poor posture can lead to suffering from aches, pains and headaches plus put strain on your muscles. Prolonged sitting can stiffen your hip joints and tighten muscles. If you slouch when sitting, you can have neck problems, back pain and can compress your internal organs.

There is good news and things you are able to do to alleviate these problems. Get up at least every 30 minutes instead of sitting in front of the TV or computer for prolonged lengths of time. If you have many miles to travel, stop, stretch and walk around every 100 miles or two hours. If you spend extended time in front of a computer, make sure the seat is at the proper height leading to proper ergonomics. Proper sitting consists of sitting with feet flat on the floor, not crossing your legs, and having a small gap between your back and the chair. If you spend hours on your phone, a few tips to decrease neck pain is to raise your phone to eye level so you are not tilting your head forward. Use your eyes to look down and not your head. Be aware of posture.

Most importantly, take frequent breaks, stretch and adjust your posture. Lastly, if you are having pain or unable to resolve problems, speak to your doctor about starting physical or occupational therapy.

Denise Hanson PTA/CLT/DOR, Aegis Therapies
Harmony River Living Center
612-432-5700



Harmony River

Wellness corner

"I did then what I knew how to do. Now that I know better, I do better."

~Maya Angelou

Masks and hand hygiene help prevent the spread of disease.

Be it COVID, Influenza A, or Norovirus – we have seen it first hand and are asking you to support our plan moving forward to keep our residents and your loved ones safe and healthy.

The behind-the-scenes facts are that when we have a resident that tests positive for COVID 19, we have to do something called contact tracing. This process helps us to identify the source of transmission. In 100% of the cases that we have investigated it led back to close contact with someone who had or developed COVID that was not wearing a mask while in the presence of the resident.

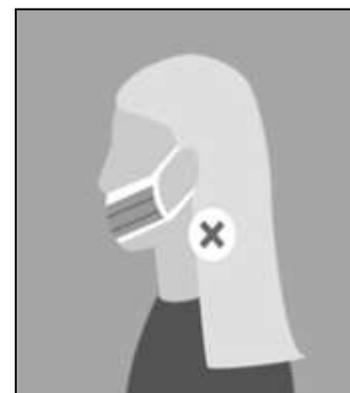
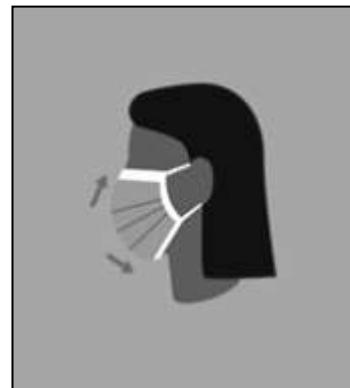
In addition, 100% of the time when we do contact tracing with staff members who test positive, we are not seeing ANY residents test positive "because" staff wore masks while caring for these residents.

When a resident tests positive, that resident has to go into Droplet Precautions and is quarantined to their room for a minimum of ten days. The rest of the neighborhood residents are tested immediately at day 3 and day 5-7 to ensure they too do not convert to positive. The neighborhood also is closed down and those residents cannot leave the neighborhood to attend large group activities until the neighborhood is considered out of outbreak.

How you can help? Upon entry, grab a mask and put it on, then complete hand hygiene with sanitizer that is readily available. Keep the mask on while in our community, even when you are

visiting one-to-one with our residents. Your cooperation and help will keep you from "unknowingly" pass COVID, Influenza A, or Norovirus from spreading to our residents.

Pam Wolling, RN,
Clinical Administrator



Life Enrichment

More to review!



Chaplain's thoughts

There are several seasons in time that we might call it "The New Year." Advent is the start of the church year; fall is the start of the academic year and January 1 begins the calendar year. Each date invites us to take stock of our lives, be reflective and perhaps choose something to change.

A pastoral resource I use is "Living Liturgy" from the Liturgical Press in Collegeville. At the start of Advent, the author encourages Christians to "stay awake." Spiritually awake people do more than drink coffee. Awake people who are attentive to small practices that help us build "robust lives of faith." Spending time reading scriptures, praying, sitting silently, or listening to sacred music might be holy activities you choose.

When we are awake, we notice God in small, everyday things. When we discern what is important and step away from distractions, we move toward a robust faith. As you make your New Year's resolutions or choose Lenten practices consider stepping back from mindless binge watching and social media scrolling, so that your attention can be on God and what your purpose in this season of life is right now.

May you be blessed in this journey,
Pastor Ane K Fitzgerald



Harmony River
1555 Sherwood St. SE
Hutchinson, MN 55350

320-484-6000
HarmonyRiverLiving.org

Presbyterian Homes & Services is a nonprofit organization and an equal opportunity employer serving older adults through community services, housing, and health care.

Beloved

“A new command I give you: Love one another. As I have loved you, so you must love one another.”

~John 13:34

Our Presbyterian Homes & Services (PHS) mission statement, “to honor God by enriching the lives and touching the hearts of older adults,” is built on Jesus’ command to “love one another.” We honor God by loving one another, and we love others because we know and experience God’s great love for ourselves.

There is no greater gift in life than knowing we are loved by God. We are, indeed, God’s **beloved children** — intimately known and eternally loved by the one who created us. Similarly, there is no higher calling than to love: to embody and reflect God’s care and kindness to others through our thoughts, words and actions.

Throughout the year, in a series entitled “Beloved” we will explore what it means to give and receive

love through stories of the people who live and work at PHS. These stories will be published across PHS communication channels, including our blog and Facebook. But we need more eyes and ears — not to mention hearts and minds — to do this well.

We ask for your help in this effort. We want to hear from you about the special people — employees, residents, volunteers, families or friends — whose words and actions demonstrate love at your community. Their stories inspire us to give and receive love daily, reminding one another that we are all beloved.

Share what you know with us by email at **communication@preshomes.org** or share your idea or story with your campus staff. We look forward to hearing from you.