

Memorial Fund

**In Memory of Donna Ditlevson**  
Mary Jo Fiebiger & Kevin Spinler  
Richard & Evelyn Kubista  
Kay Noble  
Robert & Carol Prokopec  
Paul & Ruthie Thorager

**In Memory of Donald Bakke**  
Bakke Family  
Marilynn Fiebiger  
Richard & Evelyn Kubista

**In Memory of Gail Johnson**  
Marilynn Fiebiger

**In Memory of Ione Betlach**  
Helen Olsen  
Dale & Rosalie Underwood  
K & L Winzenburg  
Richard & Evelyn Kubista

**In Memory of Karen Minzel**  
Delma Clarey

**Prairie Star**

*Prairie Manor Inc.*  
220 3rd Street NW  
Blooming Prairie, MN 55917  
507-583-4434  
[www.prairiemanorinc.com](http://www.prairiemanorinc.com)

*Heather Haus*  
223 4th Street NW  
Blooming Prairie, MN 55917  
507-583-7399  
[www.prairiemanorinc.com](http://www.prairiemanorinc.com)

"Quality Care with a Small Town Touch"  
March/April/May 2019



## 👑 Valentine's Day King & Queen 👑

Prairie Manor has crowned a Valentine's Day King and Queen since 1973. The 2019 recipients of this honor, voted on by their peers, are Clara Sibenaller and Gary Boettcher. The two were crowned in the dining room on Valentine's Day. Heather Haus also had an election for their own Valentine's Day Royalty, and the winners were Genevieve and John Peterson. The day also featured various Valentine's Day-themed activities, music entertainment, happy hour, and Valentine's Day cupcake decorating (and eating of course)! See some snaps of the fun below!



## FROM THE DESK OF SOCIAL SERVICES

In my article this quarter I will provide information about a couple of resident rights. If you ever have any questions about these or any of your rights or if you feel your rights have been violated, please feel free to talk with us in Social Services.

**Review of Records:** 1. The resident or his or her legal representative has the right, upon an oral or written request, to access all records pertaining to himself or herself including current clinical records within 24 hours (excluding weekends and holidays); and 2. After receipt of his or her records for inspection, to purchase at a cost not to exceed the community standard photocopies of the records or any portions of them upon request and 2 working days advance notice to the facility.

**Knowledge of Medical Condition:** 1. The resident has the right to be fully informed in language that he or she can understand of his or her total health status, including but not limited to, his or her medical condition. 2. The resident has the right to be fully informed in advance about care and treatment and of any changes in that care or treatment that may affect the resident's well-being. 3. Information about Treatment. Residents may be accompanied by a family member or other chosen representative, or both. This information shall include the likely medical or major psychological results of the treatment and its alternatives. In cases where it is medically inadvisable, as documented by the attending physician in a resident's medical record, the information shall be given to the resident's guardian or other person designated by the resident as a representative. Individuals have the right to refuse this information. 4. Every resident suffering from any form of breast cancer shall be fully informed, prior to or at the time of admission and during her stay, of all alternative effective methods of treatment of which the treating physician is knowledgeable, including surgical, radiological, or chemotherapeutic treatments or combinations of treatments and the risks associated with each of those methods.

Dawn Sheward, LSW

# FOOD SAFETY ON THE MOVE

Hitting the road for a picnic or cookout? Cases of food poisoning peak in the summer months, so if you're on the move with food, remember these food safety tips! For more go to [www.fightbac.org](http://www.fightbac.org).



## BRING SOAP TO WASH HANDS



Always wash hands before and after handling food. Soap and water is best - hand sanitizer will do if running water isn't available.

## HOT CAR? NO COOLERS IN TRUNK!



Transport coolers in the air conditioned passenger compartment, not in a hot trunk. On a hot day (+90°F) don't let food sit in the car for more than 1 hour.

## DON'T LET FOOD SIT OUT!



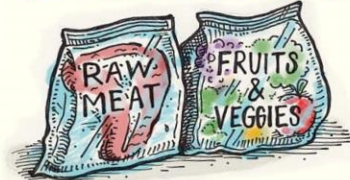
Perishable foods should not be left out of refrigeration for more than 2 hours - reduce that to just 1 hour on a hot day (>90°F)!

## PACK PLENTY OF ICE



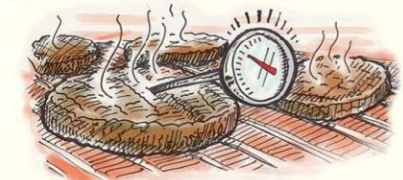
Pack lots of ice or ice packs in your cooler to keep food cold. Leftover food is safe only if the cooler still has ice in it. Otherwise, discard leftovers.

## KEEP RAW MEAT SEPARATE



Keep wrapped raw meat and poultry separate from cooked foods, fruits and vegetables.

## USE A FOOD THERMOMETER



Use a food thermometer to make sure your food is cooked to a safe internal temperature and not overcooked. You can't tell by looking!

**REMEMBER!**  
Most harmful bacteria grow fastest between 90 °F and 110 °F. Keep food chilled in summer - even on the way home from the store!

## SAFE COOKING TEMPERATURES

BEEF, PORK, VEAL, LAMB (ROAST, STEAKS, CHOPS) (+ 3-MINUTE REST TIME)	145°
GROUND BEEF	160°
POULTRY; GROUND POULTRY	165°

Parents: Learn more about food safety and how to Fight BAC!® at home at [www.fightbac.org](http://www.fightbac.org). Your kids can download the game Perfect Picnic free from the App Store. Kids Fight BAC!® while building and growing a successful picnic park!



## Prairie Manor

### March Birthdays

- Jean Lee 3/8
- Gwen Christensen 3/11
- Esther Hansen 3/21

### April Birthdays

- Dorothy Steinbauer 4/18

### May Birthdays

- David Rausch 5/6
- Henry Shawback 5/14
- Eleanor Harms 5/28

## Heather Haus

### March Birthdays

- John Peterson 3/14
- Lois Arndtson 3/17
- Helen Olson 3/25

### April Birthdays

- Naomi Erickson 4/2

### May Birthdays

- Norma Long 5/1
- Linda Flaten 5/9

## Welcome New Guests

- David Rausch 1/8
- Christ Minske 1/18
- Thresia Heimerman 1/21
- Donna Jacobson 1/23

## Discharges

- Darrell Erickson 12/12
- Norman Chicos 12/24
- Gary Johnson 12/29
- Maria Tortorelis 1/8
- Ted Tolzman 1/13
- Liz Reczek 1/16
- Thelma Holmen 2/4
- Evelyn Enzenauer 2/8

## Sympathy to the Families of

- Donald Yentsch 11/15
- Donald Bakke 11/26
- Carol Colee 12/6
- Ione Betlach 12/7
- Karen Minzel 12/8
- Lois Johnson 1/2
- Juanita Young 1/28
- Dolores Smith 2/6