

  
Memorial Fund

**In Memory of Wayne Gullickson**

Dona Gullickson  
Mary L. Trom

**In Memory of Frank Williamson**

Kurtis & Barbara Blome  
Helen Olsen  
Mary Jo Fiebiger & Kevin Spinler  
Roger & Joanne Sorenson  
K & L Winzenburg

  
**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"  
December/January/February 2018-2019

Welcome  
Winter

**Prairie Manor Auxiliary Minutes**

September 24, 2018

In the absence of the Auxiliary President, Martha Walters opened the meeting. Evelyn Johnson gave a meditation and prayer. Roll call of those present: First Baptist-2, St. Columbanus-2, Trinity Lutheran-1, Red Oak Grove-3, and First Lutheran-1. Minutes of the last meeting in June 2018 were read by Secretary Martha Walters and approved as read. Treasurer, Elaine Trotman, reported a deposit of \$19.29 leaving a balance of \$1784.38.

Administrator Joe Mason introduced newly hired Activities Director, Claire Cullen. He said that a family picnic was held two weeks ago and an employee and family picnic will be held on Saturday, September 29th with food being served from 12:00 to 1:00 P.M. followed by entertainment. He mentioned that they are making preparations for the winter season. A replacement for Deb at Heather Haus will be hired as she is leaving in November. In mid-October, six beds will be set aside which will reduce the capacity from 46 to 40. This will result in a savings on insurance and licenses.

Activities Director, Claire Cullen, reported that residents were taken to the Steele Country Fair in August and to the Jurassic World movie. Blooming Prairie students visited and sang for the residents. New games are being played including Jeopardy and dice games. An outing is planned for residents to travel over to the new Dollar General store in Hayfield. In October, elementary students will come over to “trick or treat”. Claire passed out the new policy for bringing food to Prairie Manor residents.

Old Business: Martha Walters reported that a new American Flag was purchased and donated to Prairie Manor for the Chapel. Since we did not need to pay for the flag as voted, Ardell Swenson made the motion to donate \$50.00 to the Veterans Memorial Fund. The motion was seconded by Lavonne Smith and approved by the auxiliary members.

New Business: Claire passed out the new policy write-up for bringing food to Prairie Manor residents.

Motion was made to adjourn by Ardell Swenson and seconded by Sylvia Swenson. The next meeting will be on November 26th, 2018.

**Prairie Manor**

**December Birthdays**

Francine James 12/5  
John Heimerman 12/14  
Darrell Erickson 12/15

**January Birthdays**

Maria Tortorelis 1/3  
Mary Declerk 1/5  
Jackie Johnson 1/6  
Eugene Wollschlager 1/7  
Clara Sibenaller 1/10  
Pat Prigge 1/12  
Bill Gebhardt 1/14  
Robert Johnson 1/14  
Randy Johnson 1/18

**February Birthdays**

Gary Boettcher 2/3  
Nathan Magnuson 2/4  
Daryl Reed 2/11  
Janice Haberman 2/14  
Aloma Wilde 2/19  
Helen Krystosek 2/20  
George Ressler 2/22

**Heather Haus**

**December Birthdays**

Karen Kaplan 12/7

**January Birthdays**

Paula Sime 1/16

**February Birthdays**

Thresia Heimerman 2/24

**Welcome New Guests**

Charlene Otterson 10/18  
Robert Johnson 10/10  
Darrell Erickson 10/24  
Clara Sibenaller 11/14

**Discharges**

Lynn Howard 10/20  
Lola Rions-Pruett 10/8

**Sympathy to the Family of**

Donna Ditlevson 11/9

## Updated Website

Prairie Manor Care Center is pleased to announce the launch of its newly updated website! The website is available at the following URL: [prairiemanorinc.com](http://prairiemanorinc.com). The new website has a fresh look as well as more easily accessible information. Additionally, if you would like to keep up with everything exciting happening at Prairie Manor Care Center, you can LIKE our Facebook Page. The Facebook page can be reached by clicking on the Facebook icon at the top of our new website's home page or by searching for Prairie Manor Care Center on Facebook.

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## Live Greenery

Fresh/real greenery such as garlands, Christmas trees, and wreaths have a great scent but dry out very quickly indoors. When they dry out, they become a fire hazard. Because of this, live greenery will not be allowed at Prairie Manor Care Center. Additionally, poinsettias will not be allowed due to the risk of someone ingesting the leaves, potentially resulting in illness. If you have any questions about what types of plants are allowed, please contact Prairie Manor Care Center.

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## New Meal Times

Beginning on Monday, December 3, 2018, the meal times at Prairie Manor Care Center will be pushed back fifteen minutes. Lunch will be served at 11:00 A.M., and supper will be served at 5:00 P.M. This change will give residents more time between breakfast and brunch. If you have any questions or concerns, please contact Pam Doerhoefer or Jackie Larson in the Dietary Department.

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## Suggestion Box

Another positive change at Prairie Manor Care Center has been the addition of a suggestion box which is located near the front doors in the "round". The suggestion box is open to everyone, so please feel free to take advantage of it!

## Halloween Tricks & Treats

Halloween at Prairie Manor Care Center was a wonderful experience for residents, families, and community members! Children and families from the community were invited to come and celebrate with us at Prairie Manor Care Center. There were games, cookies, candy, and most importantly fun! Below are a few of the highlights!



## Reading Groups

Prairie Manor Care Center was pleased to continue to host Mrs. Pfeiffer's second graders. This month, the students read books with the residents. Everyone is excited to welcome the second graders back again in December, February, March, April, and May!



## Norovirus Facts from the Minnesota Department of Health

Revised June, 2009

### What is norovirus?

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Noroviruses are a group of viruses (previously known as Norwalk-like viruses) that can cause gastroenteritis, an inflammation of the stomach and intestines. Norovirus is the leading cause of foodborne illness outbreaks in Minnesota.

This infection is often mistakenly referred to as the “stomach flu”. Norovirus is *not* related to the flu (influenza), which is a common respiratory illness caused by the influenza virus.

### What are the symptoms?

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Common symptoms of norovirus infection include vomiting, diarrhea, and stomach cramping. Less common symptoms can include low-grade fever or chills, headache, and muscle aches. Symptoms usually begin 1 or 2 days after ingesting the virus, but may appear as early as 12 hours after exposure. The illness typically comes on suddenly. The infected person may feel very sick and vomit often, sometimes without warning, many times a day. Sometimes people infected with norovirus have no symptoms at all, but can still pass the virus to others.

### How long does it last?

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Most people recover in 1 or 2 days and have no long-term health effects. Dehydration can be a concern in the very young, the elderly, or people with weakened immune systems. Occasionally infected people may experience milder symptoms for a week or more.

### How is it spread?

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Noroviruses are very contagious. They are found in the stool (feces) or vomit of infected people. From there, noroviruses are transferred to food, water, or surfaces by the hands of infected people who have not washed adequately after using the bathroom.

People become infected with norovirus by:

- Eating food or drinking liquids contaminated by an infected person.
- Eating uncooked shellfish that has been harvested from contaminated waters.
- Touching contaminated surfaces or objects and then touching their mouth or eating without washing their hands first.

### What should I do if I have symptoms?

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- Drink plenty of fluids so you don’t become dehydrated.
- Wash your hands often and do not prepare food for others.
- Contact your health care provider (but remember that antibiotics don’t treat viruses).

### How can I prevent norovirus infections?

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- Wash your hands with warm, soapy water for 20 seconds
- After using the bathroom
- After changing diapers
- Before preparing foods
- Before eating
- Wash your hands more often when someone in your household is sick.
- Clean and disinfect surfaces with a household bleach solution immediately after vomiting or diarrheal accidents.
- Steam oysters before eating them.
- Avoid preparing food for others while you have symptoms and for at least 3 days after you recover.

## Visitors

During the upcoming winter season, if you or any of your family members have been ill with respiratory or GI symptoms, we recommend that you postpone your visit to Prairie Manor Care Center until you are symptom-free for 24 hours. We ask this of visitors in order to help prevent the spread of illness to our residents. Please contact the Nursing Department if you have any questions about whether or not you should visit. Additionally, masks are offered near the front office if you feel you should wear one during your visit.



## Email a Resident!

The holiday season is coming up, and it is a great time to correspond with residents at Prairie Manor Care Center. In fact, we make it easy to keep in touch. Simply visit our website ([prairiemanorinc.com](http://prairiemanorinc.com)) and click on the “Email a Resident” link. You can type a message as well as the resident’s name. When Prairie Manor Care Center staff receive your message, the Activity Department prints it out and delivers it. We offer assistance with reading the email if needed or requested. Please feel free to take advantage of this wonderful communication tool as often as you would like; residents love to receive emails!

## New Heather Haus Manager

Ashly Garcia RN, Heather Haus Home Care Director/ Housing Manager

About myself: I am very happy to be here at Heather Haus. I’m originally from California and made Blooming Prairie my home in 2009. I am married, and God has blessed me with 3 beautiful children. I started my journey to nursing From CNA to LPN to RN at Prairie Manor in 2012. Since then, I’ve gained valuable experience in Home Care Case Management and Radiology Nursing at Mayo Rochester and have now made my way back to Heather Haus. Things I look forward to: I’m excited to get to know all the wonderful residents and staff at Heather Haus as well as do my part in this community.