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A Quarterly Insight Into the Happenings at Marinuka



# Marinuka Manor

Bethany St. Joseph Corporation

## upcoming events >>>

October 31 – Trick or Treating  
Event  
Nov. 22 – Happy Thanksgiving!  
Dec. 1 – Smiles with Santa Event  
9am – 11am  
Dec. 2 – Love Lights: Celebration  
of Life Ceremony  
2pm – 4pm  
Dec. 25 – Merry Christmas!  
Jan. 1 – Happy New Year!

**Reminder for Current  
Residents: Bring in  
your New Medicare  
Card!**

## Letter from Leah – Reminder: *New Medicare Cards*

Hello Everyone! The Centers for Medicare & Medicaid Services (CMS) is issuing new Medicare cards to all Wisconsin Medicare participants after June of 2018. CMS is removing Social Security numbers from Medicare cards to help keep personal information more secure and protect the cardholder's identity. Cardholders will be assigned a new Medicare number that is unique. The new card will not change coverage or benefits.

For all Marinuka Manor residents, please bring in your new Medicare card so we can make a copy. We need this in order to bill for Medicare Services appropriately.

For more information, see:

<https://www.medicare.gov/Pubs/pdf/12018-10-Things-To-Know-About-New-Medicare-Card.pdf>



By Leah Rentmeester, Administrator

## Rec. Therapy Update

What an exciting and wonderful time of year we are upon! This time of year is packed with holidays, allowing us to enjoy the many activities and events they bring. We are blessed to be amongst a caring and giving community! Area youth have provided us with handmade seasonal decorations that bring a smile to our faces and warmth to our hearts. A special thank you goes out to the GET afterschool program, St. Bartholomew's First Graders and Galesville Cub Scouts. Our volunteers also bring joy and cheer to our residents and are always lending a helping hand. We are grateful for all that you do for us!

Young at Heart is a gift giving program that was started 6 years ago by Tina Thompson. She wanted to instill the true meaning and spirit of Christmas to her daughters. She posts area nursing home resident "wish-lists" on-line, allowing others to purchase items for them. It has been a huge success and to see the residents' reactions to the gifts each year is priceless! If you are interested in sponsoring a local resident, you can find her lists on the Young At Heart Facebook page mid-November.

By Sarah Wick, Rec. Therapy Director



## Smiles with Santa



Join us on  
December 1, 2018  
from 9am until  
11am for pictures  
with Santa!

## Birthdays!



Featuring: *Share the Music Ladies*

### September

12 – Fred Thompson  
15 – Ruth Harris

### October

7 – Marie Eichman  
21 – Pat Lutz

### December

12 – Marvin Beardseth

## Fall In Love With... Vegetables!

By Leah Freund, Dietitian

As we are amidst autumn harvest, this is a time to expand your horizons and try new fall vegetables. Vegetables are important to include in your diet as there are full of fiber, vitamins and minerals, and having an adequate amount of vegetables in your diet helps your body fight against diseases. Some popular fall vegetables include: brussel sprouts, carrots, beets, butternut squash, sweet potatoes and pumpkin. You may notice these vegetables on the menu a little more often during our fall menu rotation at Marinuka Manor. While Brussel sprouts may have you reminiscing of your childhood and you sneaking your brussel sprouts to the family dog instead of eating them; brussel sprouts are a good source of fiber and Vitamin C and can be prepared to taste good. Here is a recipe to try that will hopefully change your perspective on brussel sprouts.

### Roasted Brussel Sprouts and Baby Carrots

1/4 cup apple cider vinegar  
3 tablespoons mustard  
2 tablespoons brown sugar  
1 lb. fresh baby carrots  
1 lb. Brussels sprouts, cut in half and

stems trimmed

1. Preheat oven to 425F
2. In a small bowl, combine the apple cider vinegar, mustard, and brown sugar. Mix to combine and stir until the brown sugar dissolves.
3. Add the vegetables to a large bowl. Pour the mustard mixture over the vegetables and toss to coat.
4. Transfer the vegetables to a lined baking sheet.
5. Cook for 40-45 minutes, tossing once halfway through the cooking time or until the vegetables are browned and tender.

**Fun Fact:** November 15<sup>th</sup> is National Clean Out Your Fridge Day! Throw expired items and wipe down the shelves and drawers. For guidance check out the *Foodkeeper App* from the USDA for beverage and food storage guidelines for food quality.



## Housekeepers make Every Day Sparkle!

By Lisa Deitrick, Housekeeping/ Laundry Supervisor

It is our goal each and every day to make our residents home sparkle! There is a saying we live by here at Marinuka, "there is always room for improvement!" With that being said, the housekeeping department have been working on developing a quality improvement project to enhance and nurture our housekeeping program.

Our housekeepers, are AMAZING! Evie, Kim, Lori, Brittany, and Collette take so much pride in their duties, and always strive to do their best for our residents!



We would like you to help us in evaluating our housekeeping program by providing detailed feedback via Quality Assurance questionnaires. Lisa, Housekeeping/ Laundry Supervisor, will be handing out surveys on a regular

basis to visitors, families, friends, staff, and residents. Please help us by providing honest feedback! If we don't know about it, we can't fix it! If you are interested in helping us SPARKLE for our residents, please contact Lisa for a survey! Thank you in advance for your participation!



## Remembering One of Ours!



(Alton Zeigler, Christine Ronning, Kara Pyka, Emree Pyka, & Margaret Zeigler)

Today we take a moment to remember one of our own; our beloved Margaret. Margaret became a part of our family in 2009 and we wished her a heartfelt farewell on September 27, 2018 at 101 years of age.

She was born as Margaret Grace Bortle on the Trim farm in Little Tamarack on July 4, 1917. She grew up with her 6 siblings and attended the Bortle Grade School. In October 1937, she married Norman Ziegler and they had three children together: Alton, Wendell, and Marion. Later in life, she and Norman divorced. Her love and dedication to her children gave her the most joy in her life up until the very end. Throughout her life, she also enjoyed dancing, playing cards, Bingo, and listening to music.

Margaret was blessed to have a large group of her family attend the Marinuka & Eden House Family Picnic on Sept. 9 where they were able to capture a moment of Five Generations (featured above).

Margaret was a treasured member of the Marinuka Family and her memory will ring in our hearts for years to come. Rest in peace, our sweet Margaret! You are missed.

-Marinuka Manor-

# Love Light Celebration of Life

Sunday, December 2<sup>nd</sup>  
2 p.m. Auxiliary Bake Sale  
3 p.m. Program

The Love Light Celebration of Life is a thoughtful way for you to honor or remember someone you love or admire this Christmas Season, while helping the residents of Marinuka Manor.

We invite you to help illuminate the lights on our Love Light Tree. For the past 30 years, generous contributions have enhanced the quality of life of the residents at Marinuka Manor. Last year's donations aided in the purchase of two love seats for use in our commons area. Thank you for the continued support! This year, residents have elected to raise money for new décor to be displayed throughout the facility.

Please join us for the Love Light Celebration of Life Program on Sunday, December 2<sup>nd</sup>. The Auxiliary will be hosting a bake sale at 2 p.m. with a program to follow at 3 p.m. Residents who have passed on this past year will be memorialized during the program. Refreshments will be served immediately following.

To assure that the name of your loved one will be included in the program, please have your donation to Marinuka Manor by Wednesday, November 28th. The form below can be mailed or dropped off.

**Thank you for supporting our residents!**



Marinuka Manor, a BSJ Corporation Facility

*Your donation is tax deductible as allowed by law.*

## 2018 Love Light Celebration of Life Contribution Form

Complete form, detach & return to:

Marinuka Manor  
19475 Silver Creek Rd.  
Galesville, WI 54630

Please make checks payable to Marinuka Manor

Donated By: Name: \_\_\_\_\_ Address: \_\_\_\_\_

In Memory Of:

In Honor Of:

Name: \_\_\_\_\_

Name: \_\_\_\_\_

Name: \_\_\_\_\_

Name: \_\_\_\_\_

Name: \_\_\_\_\_

Name: \_\_\_\_\_

Name: \_\_\_\_\_

Name: \_\_\_\_\_

Name: \_\_\_\_\_

Name: \_\_\_\_\_







19475 Silver Creek Rd,  
Galesville, WI 54630  
(608) 582-2211

## Topic Tuesdays!

Join us the Second Tuesday of each Month at Eden House for Special Topic Presentations on issues our Elders face every day! In October, the ADRC came to discuss Transportation options for Elders living in the community.

**Join us  
November 13, 2018 at 6pm  
Topic: Medicare Open Enrollment  
and Medicare Part D!**

## The Toughest Conversation

By Dawn Washburn, Social Worker

Everyone should have a health care power of attorney document written. Along with this document you should sit down with your family and inform them of your wishes. This will be one of the toughest conversation you will have. Expressing your wishes to your family will provide guidance and directions to them, for when you are unable to do so yourself.

Is this a topic to approach during a holiday meal? MAYBE! If this is the opportune time when all loved ones are gathered together and engaged in conversation.

It is important to have all family aware of your wishes

Things to think about:

- This doesn't have to be a long conversation, but needs to be a detailed one.
- Try to describe what your wishes are. Is it quality of life, is it quantity?
- What does quality of life mean to you?
- What medical measures are acceptable to you?
- The starting point could be to discuss code status and describing your wishes if your heart and lungs were to stop.

So often we see people whom have a health Care Power of Attorney Document, but have not had that conversation with their family. This leaves family members feeling stressed and can cause discourse

between siblings due to them disagreeing about what to do during a crisis. This can also lead to decisions made based on emotions and not necessarily what you directed in the health care power of attorney.

There is no right or wrong way to have this conversation. There is no right or wrong age to be involved in this conversation. It is just important to have this conversation.

If you have further questions about advance directives, you may contact Dawn Washburn, Social Worker of Marinuka Manor, or your area ADRC for further resources.

