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January – April 2019 Insights to the Happenings at Marinuka!



Marinuka Manor

Bethany St. Joseph Corporation

upcoming events >>>

Feb. 3, 2:00p- Valentine's Day Party
& Coronation

Feb. 12, 6pm- Topic Tuesday

March 13, 6pm- Topic Tuesday

March 17- Happy St. Patrick's Day!

April 9, 6pm- Topic Tuesday

April 20, 2pm- Community Easter

Egg Hunt

April 21- Happy Easter!

April 23, 2pm- Volunteer Recognition
Party

May 14, 6pm- Topic Tuesday

Letter from Leah: Topic Tuesdays

Do you have questions about planning for your future?

Topic Tuesdays!

Topic Tuesdays are educational sessions. There are for everyone in the community to have a place to go to get questions answered and learn about programs available in our community! Please join us the **Second Tuesday of each month at 6pm at Eden House** for a new topic of discussion. Here are the upcoming topics and dates:

Feb. 12 – Funeral Planning & Irrevocable Trust
(Presented by Wozney- Killian Funeral Home)

March 12 – Advance Directives & Power of Attorney/ Living Wills/ Supported Decision Making (Presented by Dana from the ADRC)

April 9 – Elder Abuse & Fraud
(Presented by Katrina from the ADRC)

If there are topics you are interested in learning about, please contact me, Leah R., at 608.582.2211.

*These sessions are meant to be educational and **not** an opportunity to solicit.*

Congratulations Anne!

Hi Everyone, I am Anne! I started working here as a CNA in 2012. I went back to school to finish my RN degree in 2013. I put myself through school while working full time at Marinuka. I worked my way up going from a CNA to Nurse Tech, to LPN, and finally graduating with an Associate's Degree in Nursing in December 2016. Following graduation, I started working full time with Marinuka as an RN. Later 2017, I became our PM Charge Nurse/ Wound Care Nurse. My husband, Ryan, daughter, Hazel, and I reside in La Crosse. My passion has always been in long term care and for our residents here. I am excited and look forward to my new role as Director of Nursing including learning new tasks associated with this administrative position. Any questions or concerns with Nursing please feel free to contact me as I want to provide care and services responsive to the individual needs of our residents, with dignity and respect.

Congrats!



By Anne Steers, Director of Nursing



Rec. Therapy Update

By Sarah Wick, Rec. Therapy Director

A new year is upon us and we look forward to a year full of fun, good health and happiness!

January 20-26 was Activity Professional Week. We celebrated with a special bingo and ice cream sundaes. Our department is important to the well-being of our residents and we enjoy being able to bring fun to their lives and put a smile on their face!

A special thank you goes out to Young at Heart and Tina Thompson. Her dedication and love helped each resident receive a gift at Christmas time. Definitely a daunting task, but one that we truly appreciate! We are blessed by the selfless giving of others at this time and throughout the year!

Our activity calendar is available for all to see on the company website (bsjcorp.com) or in paper format near the front desk. Family and friends are always welcome to join us!

News Years Accountability!

By Leah Freund, Dietitian

February 4 - 8, 2019 was "Pride in Foodservice Week" according to the Association of Nutrition & Foodservice Professionals (ANFP). During this week, the dietary staff at Marinuka Manor were honored for all their hard work, dedication and excellent customer service in providing a nutritious and enjoyable dining environment every day for our residents. Let's show our gratitude to the dietary staff at Marinuka Manor!

With the first month of the New Year come and gone, how are your New Year resolutions holding up?? One of your New Year resolutions may have been to start a healthier lifestyle. Here are some tips and a recipe from eatright.org to help keep your New Year resolutions on track!

Tip #1: Leftovers

Leftovers are a great way to save money and have multiple nutritious meals planned for the week to help you stay on track during the busy work week.

Food Safety: Leftovers should be placed in the refrigerator within two hours from preparation, reheated to 165F and tossed after three to four days.

<https://www.eatright.org/homefoodsafety/four-steps/refrigerate/leftover-safety>

Tip #2: Physical Activity

Physical activity is an important aspect of a healthier lifestyle. Physical activity can

be hard to fit into our busy schedules. Try to do 10 minute workouts three times a day, such as 10 minutes of body weight exercises (ex. push-ups) in the morning, 10 min brisk walk on your lunch break and 10 mins of stretching or yoga at night. Add more walking in your daily life by parking farther away at the store or walking to your co-workers desk instead of calling them. Workout with your kids or have a workout buddy to help with self-motivation and commitment. Get moving any way that works for you!

<https://www.eatright.org/fitness/exercise/workout-ideas/30-minute-workouts-for-any-schedule>

Slow Cooker Turkey Chili

Ingredients

1 tablespoon olive oil
 1 cup chopped onion
 2 garlic cloves, minced
 1½ pounds ground turkey
 1 15-ounce can black beans, drained and rinsed
 1 14 ½-ounce can low-sodium diced tomatoes with chilies
 1 15-ounce can pizza sauce
 1 10.75-ounce can reduced-sodium tomato soup
 2 tablespoons chili powder
 1 tablespoon reduced-sodium Worcestershire sauce
 ¼ teaspoon ground pepper

Directions

1. Heat oil in a large pan over medium-high heat.
2. Add onion and garlic. Cook about 2 minutes until golden brown.
3. Add turkey, cook until broken up and browned, about 5 minutes. Transfer turkey mixture to a slow-cooker.
4. Stir in remaining ingredients. Cook on low heat for 8 hours, or high heat for 4 hours.

*Nutrition Information: Serving size: 1 Serves 8
 Calories: 297; Total Fat: 11g; Saturated Fat: 2.5g; Sodium: 213mg; Total Carbohydrates: 26g; Protein: 7g*
<https://www.eatright.org/food/planning-and-prep/recipes/slow-cooker-turkey-chili-recipe>

Dryer & Lint Safety

By Lisa Deitrick, Housekeeping/ Laundry Supervisor

Do you vent your dryer into your home? When venting the heat and moisture into your home you are creating a perfect environment for mold to grow and possible structural damage from the moisture. Plus, you don't want to be breathing in lint particles.

Dryers only have so much power to push that wet, heavy lint out, so it's inevitable that some of it will remain behind in the vent pipe. For a person that does laundry once a week, you may need to have your vent pipes cleaned every three to four

years. However, for a larger family that does several loads throughout the week, should consider having your vent pipes cleaned every 6 months.

Be sure to clean your lint screen after each use and make a special point to clean behind and around your dryer where lint may build up. This buildup of lint could catch fire leading to bigger problems if not cleaned regularly.

Here are some Warning signs that you may have dangerous lint build up:

- Clothes are taking longer to dry than normal.
- Clothes don't fully dry, as they did before.
- Clothes seem hotter than normal at end of drying cycle.
- The dryer feels hot.
- The exhaust vent flapper does not open very much, indicating low exhaust velocity.
- Laundry room becomes more humid than normal.
- You notice a burnt smell in the laundry room.

With winter comes snow! We often forget that snow can build up around outside dryer vents. Be sure to keep that area free of snow to allow proper ventilation.

Have a safe winter and stay warm!

Birthdays!



Featuring: Share the Music Ladies

January

10 – Sally Deck

February

13 – Beverly Solberg

15 – Kate Nelson

15 – Marianne Sacia

March

2 – Jane Carhart

12 – Pat Breidel

17 – Pat Hund

19 – Beverly Sacia

20 – Evelyn Anderson

28 – Marilyn Gelder

April

9 – Jude Goetting

17 – Beverly Przytarski

30 – Florence Urbick

Thank you Love Lite Donors!

Thank you to all who donated to Love Light Celebration of Life. We are grateful for your generosity and support. We are using donations for updating/changing décor throughout the facility. Due to your generosity, we raised a total of \$3,068.00 this year. A list of those who gave and honored/ remembered is included below:

Given By:

In Memory Of:

Alice Brenengen

Ava Brenengen
Teresa Schultz

Allan & Carol Rindahl

Helen Rindahl
Joseph Rindahl

Alton & Eileen Ziegler

Esther Ekern
Henry Ekern
Margaret Ziegler
Norman Ziegler

Angie Byom & Megan Hovre

Allen & June Moen
Ardis Sesvold
James Hovre
Jason & Curt Byom

Audrey Baker

Beatrice Baker
Ernest Baker

Bill & Mary Suttie

Emma Suttie
Margaret Suttie
Vilas Suttie

Bob & Becky Harris

Barb Jacobson
Gen Rogness

Bob & Bev Modahl

Loved Ones

Bob & Renee' Schulz

Bud Schulz
Lucas Mack
Mary Jane Ofsdahl
Robert J. Ofsdahl

Bob & Sharon Kramer

Floyd Klein, Sr.
Frank Kramer
Keith Kramer
Magdalene Klein
Marian Kramer

Carol & Jim Johnson

Allen Toppen
Austin Johnson
Lyle Tschabold

Caroline Diamond

Irvin C. Diamond, Jr.
Irvin C. Diamond, Sr.

Christine Literski

Albert Przybilla
Dana Geske-Literski
Joe Literski
Verconia Przybilla

Cletus & Lois Casey

Jennifer Byom
Mick & Anna Dean Casey
Ted & Edith Harris

Crystal Valley Land & Cattle Company

James Ristow
Roseann Ristow

Dan & Lin Hampton

Bob Worden
Jean Worden

Dean & Gail Olson

Bob Ofsdahl
Charlotte Olson
Ken Olson
Lucas Mack

MaryJane Ofsdahl
Robb Mack

Dick & JoAnn Longwell

Bob Longwell
Doris Longwell
George Christianson
Jim Christianson
Rob Longwell

Don & Ruth Baird

Loved Ones

Donald Severson

Dorothy Severson

Donna (Stone) Ronnie

Ruth (Stone) Erickson

Dorothy Anderson

Bernadine Emerson
Vera Emerson

Duane & Lois Hoff

Elma Lippert

Duane & Roxie Byom

Carl & Mamie Byom
Norma Jean Wagner
Shirley Partridge
Ted & Edith Harris
Winifred & Fernanda Byom

French Creek Lutheran W-ELCA

All Residents

Gordon Deeren

Alvina Deeren
George & Florence Deeren

Karen Ekern

Henry & Esther Ekern

Kay Ofsdahl

Arthur L. Ofsdahl, Jr.

Keith & Christine Ronning

Esther Ekern
Henry Ekern
Margaret Ziegler
Norman Ziegler

Leah Rentmeester

All Our Beloved Residents
Grandma Janet Rentmeester

Living Hope W-ELCA

The Residents

Lori Mahoney

Bernadine Emerson
Evelyn Conrad
Irene Hilbert
Vera Emerson

Margaret Sultze

Art Irvine
Muriel Irvine

Mari McKeeth

Marilyn Anderson

Marie Eichman

Agnes Toshner
Collin Kotlarz
Ralph Eichman

Marjorie J. Flaherty

Elsie Server
Flaherty Sisters
Mike Flaherty

Mark & Shirley Sacia

Leon Sacia

Marlene & John McCabe

Edward McCabe
Esther McCabe
Loren Mitchell

Mildred Canepa
Myrtle Mitchell

Mike & Liz Johnson

Alvina Deeren
Donnie Johnson

North Beaver Creek

Women of ELCA

All Residents

Peg Hilton

Price & Edith Hilton
Ted & Edith Harris
Wendell Hilton

Randy & Lori Nastvold

Donnie Johnson
John Nastvold

Randy Larson

Bob Ofsdahl

Renee & Ernie

Komperud, Jr.

Birdella Komperud
Flavian Emberson
Irene Hilbert
Val Emmons
Vera Emerson
Bernadine Emerson

Richard Pampuch

John Klopotek

Ristow Insurance Agency

James Ristow
Roseann Ristow

Ristow Realty, Inc.

James Ristow
Roseann Ristow

Rita Peplinski

Clyde Hess
Jennie Hess

Robert & Sue Ristow

James Ristow
Roseann Ristow

Ron and Pauline Haug

Donald & Elaine Haug
Francis Solberg

Ronda & Kelly Hanson

Margaret & Loren Hanson
Rolland & Sid Beirne

Rose Jensen

Bernadine Emerson
Ed Rolbiecki
Flip Emerson
Jerry Emerson
Vera Emerson

Ruth Harris Children: Bev,

Doris, Ken, Delores

Bud Harris
Ruth Harris

Ruth Heine

Joyce Sacia
Margaret Ziegler

Schlessler Children

Marcy Schlessler

Sharon Schindler

Garry Schindler

Sheri Truax

Donald Truax
Helen Folkedahl
Phyllis Truax
Wayne Truax

Sue Hovell

Lloyd Anderson

Marcie Anderson
Stan Holter

Tatum Johnson

Great-Grandpa Don Johnson

Tom & Diane Thatcher

June Thatcher
Roy Thatcher

Wanda Sacia

Carroll Sacia
Lee & Millie Sacia
Sharon Kannenberg
Ted & Edith Harris

In Honor of:

Given By:

All Residents

French Creek Lutheran W-ELCA
North Beaver Creek: Women of ELCA
Living Hope W-ELCA

Beverly Solberg

Ron & Pauline Haug

Ceil Nastvold

Randy & Lori Nastvold

Connie Clark

Crystal Valley Land & Cattle Co.
Ristow Insurance Agency
Ristow Realty, Inc.

Robert & Sue Ristow

Debbie Olson

Dean & Gail Olson

Duane Hoff

Cletus & Lois Casey

Helene Johnson

Randy & Lori Nastvold

Jack Emerson

Rose Jensen

Lloyd Anderson

Sue Hovell

Marianne Sacia

Duane & Roxie Byom

Mark & Shirley Sacia

Marie Eichman

Alice Brenengen

Marinuka Manor Auxiliary

Sacia Anderson

Marinuka Manor Staff

Bob & Renee' Schulz

Craig Ubbelohde

Gordon Deeren

Leah Rentmeester

Sacia Anderson

Martha Hansen

Anonymous

Mary, Caleb & Elle Mack

Dean & Gail Olson

Pat Mack & Family

Dean & Gail Olson

Rec Therapy Dept.

Lori Mahoney

Rose Holter

Sue Hovell

Ruth Harris

Ruth Harris Children: Bev, Doris,

Ken & Delores

Sacia Anderson

Mari McKeeth

Staff & Residents

Jerry Glocke

Snowplowing by Butch



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Rethinking Dementia

By Dawn Washburn, Social Worker

This past November I was able to attend a conference called, "Stop Starting It! Changing Your Approach to Dementia Care". During this conference, I was reminded about proper communication with someone who has Dementia and listening to how that person communicates with us.

When communicating with people who have Dementia, we need to remember 3 things: Reframe how you think them, how you connect with them, and communicate with them.

Below are some examples on how to reframe how you think of them:

I have dementia so.....

🚫 I may have trouble remembering how to do things or what order things go on.

😊 But if you show me or help me with the steps I might be able to do some of them.

🚫 My ability to make decisions might be changed

😊 But I can still make decisions so give me choices about what to wear, what to do, where to go.

🚫 I could have trouble with communicating how I'm feeling or what I want to say.

😊 Try to remember it's not about my words but what I'm feeling. Focus on my emotions and you just might get it.

🚫 I will get confused in new or strange places, maybe even in places that I knew.

😊 Keep taking me out to see new things and places. You never know what might spark my interest.

🚫 My problem solving ability will change.

😊 Instead of telling you what I want, it might be easier for me to show you.

🚫 I might have times when I am upset, tearful, loud, or scared.

😊 But so do you!

Behaviors = Communication.

90% of people with dementia will be "behavioral" at some point in their disease process. We need to reframe our thinking of a person's behaviors. We need to think of it as communicating. It's our job to figure out what is being said, make a check list. Is there pain? Is there too much stimulation? Not enough? Are they tired? Are they hungry? Do they need to use the bathroom? If a person with dementia doesn't respond the way we want, it is up to us to change our approach.

The words you choose to describe a situation, matter.

Change the word Behavioral to Communication to get on the road towards understanding. Know that the memory might be forgotten, but the feeling is usually remembered.

Here are some examples of how to connect with your loved one:

1. Reminisce about the old days (photo albums, flowers, cars, animals, etc.)
2. Bring in favorite things: recipe books, pictures of holidays, food, etc.
3. Be open to where the conversation goes, there might be memories from high school or past dances, old friends, and card games.
4. Music from their past can help you to engage.

Here are some tips of how you can effectively communicate with your loved one:

1. Approach slowly from the front.
2. Use a friendly voice and smile.
3. If in a wheelchair bend to their level. Get eye to eye.
4. Get their attention prior to interaction, use their name.
5. Use "let's do", "let's go" or "it's time to", phrases instead of "do you want" phrases. Of course honor their right to say no.
6. Don't correct, REDIRECT! Correcting someone with dementia can upset them.
7. Smile, Empathize, Care, & Praise their effort.