

in this issue >>>

A Special Honor!
Easter Egg Hunt
Happy Birthday!
Every Step Counts
Nursing Update
Best Kept Secrets... BSJ
Community Services
Find the "Yes"
Rec. Therapy Update
Corona Virus/ COVID-19



February – April 2020 The Happenings at Marinuka Manor



Marinuka Manor

Bethany St. Joseph Corporation

upcoming events >>>

- March 17 – Happy St. Patrick's Day!
- March 18 @7pm – Veteran's Meeting
with the American Legion
- March 20 – First day of Spring!
- March 27 @2:15pm – Birthday Party!
- April 4 @10am – Easter Egg Hunt
- April 17 @2:30pm – Auxiliary Spring
Party
- April 22 @2pm- Volunteer
Appreciation Luncheon!
- April 24 @2:15pm – Birthday Party!

Reminder: If you are feeling ill or not quite yourself, please do not visit to protect our residents from getting sick! Thank you!



A Special Honor!

By: Amanda Acklin, Foundation Director

Congratulations to our Administrator, Leah Rentmeester! A special donation was made to the Marinuka Manor Recreation Program in her honor by Bob and Sue Ristow. We are so very grateful for this gift and that it was made in honor of Leah. Leah is excited and humbled by the gift. Thank you to Bob and Sue and to Leah for inspiring the gift... keep being awesome!

Do you have someone you would like to honor? The Grateful Hearts Program is a way to recognize those who have provided exceptional care and support. Whether you choose to honor a staff member or an entire department, your donation is a meaningful way to show gratitude while supporting our programs and mission.

Gifts donated may support resident care in areas of greatest need or in a department or service of special meaning to the donor. Each gift can also be designated in honor of or in memory of a staff member or a loved one.

Donate today by mailing in a gift in honor of our amazing staff in the envelope provided or you can drop off a check at:

Marinuka Manor
19475 Silver Creek Road
Galesville, WI 54630

Make sure to include a nice note describing which of our staff you are honoring and why! We love to share these with our staff as they come in.

You can also request a gift envelope by emailing the BSJ foundation Fund Development Director, Amanda Acklin at aacklin@bsjcorp.com or by calling (608) 519-9778.

*Grateful
Hearts*
Program



Easter Egg Hunt!



Join us on
April 4, 2020
Starting at 10am
for our Annual
Easter Egg Hunt!

Birthdays!



Featuring: *Share the Music Ladies*

February

Kate Nelson 2/15
Marianne Sacia 2/15
Pat Borger 2/27

March

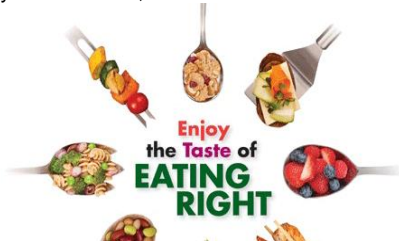
Jane Carhart 3/2
Bev Sacia 3/19
Evelyn Anderson 3/20
Carol Redsten 3/22

April

Jude Goetting 4/9
Bev Przytarski 4/17
Mrs. Filla 4/18
Fern Jacobs 4/30

Every Step Counts

By Leah Freund, Dietitian



March is National Nutrition Month. National Nutrition Month was created by the Academy of Nutrition and Dietetics to focus on the importance of making eating and physical activity habits with evidence-based information. This year's motto is "Eat Right, Bite by Bite". Changing your health can be done with small steps (or bites) like slowly adding nutritious foods to your day, drinking more water or adding 10 minutes of physical activity to your day. Making changes does not need to be restricting or overwhelming, start with small, achievable goals to set yourself in the right direction for a healthier you. ¹ You

may also consult with a registered dietitian to provide you with personalized nutrition advice to meet your goals.

Here are two comfort food recipes, where vegetables are added to improve nutrient content but still have delicious flavor!

Healthy Mac and Cheese Recipe

By Dawn Jackson Blatner, RDN, CSSD

8 ounces whole-grain macaroni noodles, uncooked
1 tablespoon trans fat-free butter spread
1 tablespoon whole-wheat flour
10 ounce bag (2 cups) cubed frozen butternut squash, thawed
2 ounces (½ cup packed) reduced-fat cheddar cheese
Sea salt, to taste

Directions

1. Boil noodles according to directions. Drain and reserve 2 cups pasta water.
2. In pot over medium heat, cook butter spread with flour for 1-2 minutes. Whisk in 1 cup pasta water.
3. Add squash and cook/mash until smooth. (Note: Add more pasta water as needed for a smooth cheese-like consistency.) Add cheese and stir until melted.
4. Fold in cooked noodles until combined and season with salt.

Nutrition Information

Serving size: 1 cup
Serves 4
Calories: 300; Total Fat: 6g; Saturated Fat: 2.5g; Trans Fat: 0g; Cholesterol: 10mg; Sodium: 290mg; Total Carbohydrate: 53g; Dietary Fiber: 6g; Sugars: 2g; Protein: 13g.

Veggie Loaded Sloppy Joes Recipe

By Elizabeth Ebmeier, MS, RD

1 pound extra-lean ground beef
1 small green bell pepper, diced
1 small red bell pepper, diced
1 small onion, diced
1 tablespoon white vinegar
¾ cup ketchup
2 tablespoons prepared mustard
6 whole-grain or mixed-grain sandwich buns

Directions

1. Spray a medium skillet with the cooking spray.
2. Combine the ground beef, diced peppers and onion in the skillet. Cook on medium heat until the beef is thoroughly cooked, 8 to 10 minutes.
3. Mix the vinegar, ketchup and mustard together, and add to the beef mixture; simmer 10 to 15 minutes.
4. Scoop one portion onto each sandwich bun.

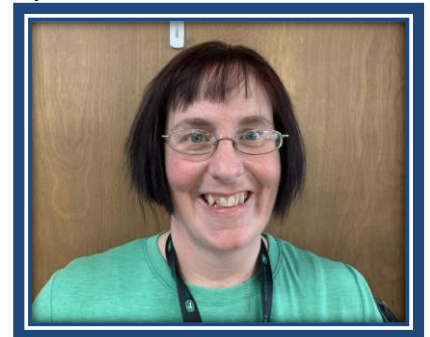
Nutrition Information

Serving size: ¾ cup meat + 1 sandwich bun
Serves 6
Calories: 270; Total fat: 6g; Saturated fat: 2g; Cholesterol: 47mg; Sodium: 650mg; Total carbohydrate: 33g; Dietary fiber: 2g; Protein: 21g

Nursing Update

By Lana Berry, Director of Nursing

Anne-RN Manager has made the step of transferring to one of our sister facilities, OCC. Good Luck, Anne and thank you for your service!



We are pleased to announce our new Nurse Manager, Christina Tjerstad-LPN, who has been with Marinuka for 4 years as a floor nurse. Christina has been an LPN 21 years and prior to that a CNA for 2 years. She currently is working towards her RN and will graduate next year! We welcome and are excited to have Christina be part of our management team!

Our MDS coordinator, Valerie, had a baby boy on 2.24.2020. He weighed 4lbs 9oz and his name is Kayden Dustin. Welcome Kayden! We can't wait to see you.

Lastly, we want to thank all the family, visitors and staff for covering coughs, washing hands and keeping our residents safe and healthy this season! Please, do not visit if you have any symptoms of illness unless it is absolutely necessary.

We sure hope to see some nice weather coming our way SOON!

A Special Congratulations!

Congratulations to Marsha Ballentine on her Retirement! Marsha has worked for Marinuka for over 25 years as a cook in the kitchen, but her dedication started long before that. Her mother, Elaine, also worked in the kitchen also for 25 years. And now... the family's dedication to Marinuka continues by Marsha's daughter, Kari, also a dietary aid.

A Special Thank you and Congratulations to Marsha Ballentine for her dedication and service to Marinuka Manor for over 25 years! We wish you the best and will miss you! We could never repay you for all your dedication and service, but please know it is appreciated by all and Marinuka is better because of you! Enjoy Retirement!

Best Kept Secrets... BSJ Community Services

By: Karen Sepich, Community Services Administrator

Assisted Living and Senior Housing

Perhaps one of the best kept secrets at BSJ is the nearly 300 apartments that make up our Assisted Living and Senior Housing services. Each has its own unique name but all are owned and operated by BSJ.

Assisted Living (RCAC level) is designed for people who are generally independent but benefit from some supports such as medication assistance, diabetes care, and assistance with getting ready for the day or bathing. Tenants enjoy meals, activities, entertainment, and outings in the community. BSJ Assisted Living is available at Prairie Home (Holmen), Laurel Manor (Onalaska), Salem Terrace & Mill St Manor (West Salem), and Shelby Terrace (La Crosse.)

Senior Housing (designed for independent persons who do not need support services) renters appreciate the noon meal and housekeeping services, as well as relinquishing shoveling, mowing and other home maintenance to staff! Senior Housing is available at Prairie Home (Holmen), Ona Main & Ona Terrace (Onalaska), Salem Terrace & Mill St. Manor (West Salem), and Welcome Home & Windsor Place (La Crosse).

BSJ's Assisted Living and Senior Apartments are known for their outstanding service, kind staff, clean communities, and competitive pricing. Call Karen at (608) 783-1516 for more information.

Adult Day Center

The MERIT Centers are designed to provide adults the opportunity to socialize with peers in an uplifting and safe environment. Joyful days are spent both on and off site engaged in things like exercise, enjoying entertainment, playing games, baking, going out to lunch, riding the trolley, fishing, visiting favorite coffee shops, and on and on. Medical support services like blood pressures checks, diabetic care and medication are just a few of the services staff provide under the supervision of an RN. Whirlpool bathing is a popular service offered at both centers. Lunch and snacks are provided daily.

Call Patty at (608) 784-2700/788-2900 for more information.

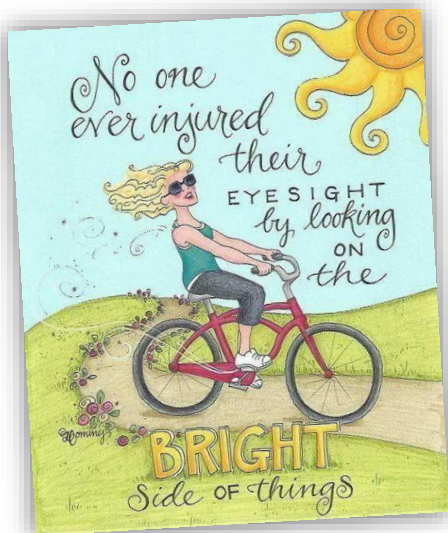


Newly updated MERIT Centre North. Call or stop in any time for a tour!

Find the “YES!”

By: Dawn Washburn, Social Services

“FIND THE YES!” What a challenge... our goal should be to find the positive and the potential in challenging situations and focusing on the abilities of those around us. Just saying “no” is NOT always the answer. If someone tells you “no” or “you can’t”, a natural response is to revert to frustration and spend time figuring out a reasons why you can or you should be able to do something. This can lead to increased frustration or aggressive behaviors for anyone. The important thing to remember is to find ways to assist others that focus on their abilities instead of their inabilities. Focus on what they can do instead of what they can’t. By focusing on their abilities, this will help our residents, peers, friends and family to live their best lives. This means we need to change the way we communicate with each other.



Here are some examples that may improve communication to better your life and the lives of those around you:

- “Yes but,” Start with yes and find a way to make the situation safe and work for both parties.
- Give options- but limit selection to safe and appropriate choices.
- Give reminders, write notes, make signs, praise efforts and cooperation, and use positive reinforcement.
- Be present and be an active listener, listen for intent of conversation and interactions.
- Anticipate needs/ action.

For Example, if a person is persistent on going outside and it is 40 degrees say, “Yes, but we need to get your coat because it is cold outside.” Another example includes, if I am always hungry at 3:00, offer me snacks at 2:55 before I get H-Angry. This is why we have chocolate on our desks and why cookie jars were invented! 🍪

Life is to amazing, let us all enjoy it and make the best of situations, while we lift up others to do the same.



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

Rec. Therapy Update!

By Sarah Wick, Rec. Therapy Director



The big celebration in February was the crowning of our Valentine's King and Queen. Darwin Fetting and Annie Geske were crowned on February 14th. We enjoyed a fun party with music by Doug Mahlum. The Marinuka Manor Auxiliary hosted the party and served a variety of treats to all.

In March, department heads will be making a "Special Breakfast" for our residents on Wednesday, March 11. There is a menu with breakfast food that is made to order. It is always a fun time for staff and the residents do not go away with an empty stomach.

April 19-25 is National Volunteer Week. It is a time when we recognize the many wonderful volunteers we have here at Marinuka.

"Volunteers are just ordinary people with extraordinary hearts. They offer the gift of their time to teach, to listen, to inspire, to build, to grow, to learn. They expect no pay, yet the value of their work knows no limit. They've know the unexpected joy with a simple hug. They've planted tiny seeds of love in countless lives. Volunteers are just ordinary people who reach out and take a hand and together make a difference that lasts a lifetime."

-Author Unknown

We will be having our Volunteer Party at 2:00 on Wednesday, April 22nd. Invites will be sent.

We truly appreciate the countless ways our volunteers help us. We are blessed beyond measure.

Corona Virus/ COVID-19

Currently, the state of Wisconsin's risk is low for exposure for Corona Virus. According to the CDC, the best way to protect your self is to wash your hands appropriately. Here is how to wash your hands properly according to the CDC:

1. Wet your hands with warm water.
2. Lather soap and rub your hands together including between the fingers, the back of your hands, and under the finger nails.
3. Scrub your hands together for 20 seconds.
4. Rinse your hands with clean warm water.
5. Dry your hands using a clean towel.
6. Turn the facet off using a clean towel.

If handwashing is not available, alcohol based hand rubs are also a good substitute until you are able to use soap and water.

Visit the CDC website for more information on reducing the spread of all viruses: www.cdc.gov