

# HCHA HORIZONS



## Hendricks Hospital Receives \$125,000 in Funding for Cardiac Monitoring Equipment



**Heidi Faehnrich, RN, and Rosemary Christianson, RN, utilizing the new cardiac monitoring system on patient Bernice Kurth. The new system captures Bernice's vital signs and relays this information to the central nurse's station where nurses and physicians can effectively manage her changing condition.**

**H**endricks Community Hospital Association is very pleased to announce receipt of funding from the Minnesota Department of Health Rural Hospital Capital Improvement Grant Program. The funding will be utilized to replace cardiac monitoring equipment at the hospital. This will provide the ability to effectively manage changing patient conditions on the inpatient floor, emergency room, operating suite and outpatient areas. With investment in new technology the ability to manage patient information electronically will also expand Hendricks Community Hospital Association's ability to utilize telehealth resources, increase specialist care consultation and care coordination.

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## Outreach Providers

### Audiology

Dr. Grace Berry

### Cardiology

Dr. Thomas Gaeckle

### ENT

Dr. Kenneth Rogotzke

### Oncology

Dr. David Elson

### Orthopedics

Dr. Jeffrey Kalo

### Pain Management

Neil Jessen, CRNA

### Podiatry

Dr. Michael DeBrule

### Urology

Dr. Marcos Pinto

### Surgery

Dr. Scott Baker

## Directory

All departments may be reached by dialing 507-275-3134

### Clinic Services

Hendricks Clinic	507-275-3121
Ivanhoe Medical Center	507-694-1100
White Clinic	605-629-8211

### Emergency / Ambulance

911

### HCHA Billing

Tammy Niehus 507-275-3134

### Lincoln Lane Villa

Gwen Meyer 507-275-3134

### Long Term Care

Kara Schoenfeld 507-275-2214

### Homecare

Pam VanOverbeke 507-275-3134

### Hospice

Kathy Weber 507-275-3134

### Social Services

Dawn Popowski 507-275-2202

## Board of Directors

**Al Molascon - President**

Member since August 2003

**Luther Eidem - Vice-president**

Member since August 1995

**Mark Van Eck - Secretary**

Member since July 1988

**Vince Robinson - Treasurer**

Member since January 2003

**Bev Kruse**

Member since August 2004

**David Olson**

Member since August 2003

**Norris Patrick**

Member since January 1987

**Sharon Vettrus**

Member since August 2007

**Barb Olson**

Member since August 2008

## Become an Owner

Hendricks Community Hospital Association is a private non-profit organization owned by the community for the purpose of providing medical, surgical, and long term care to all who seek access to our facilities. If you would like to be an owner you may obtain a membership application from our business office.

## Additional Services

**24-hour Emergency Room**

**Adult Day Care**

**Ambulance Service**

**Cardiac Rehab**

**Chemotherapy**

**CT Scans**

**Diabetic Education**

**Dietary Consults**

**Hearing Aid Services**

**Home Health**

**Hospice**

**Long Term Care**

**Mammograms**

**MRI**

**Occupational Therapy**

**Physical Therapy**

**Speech Therapy**

**Ultrasounds**

## Telemedicine Services

**Dermatology**

**Hematology**

**Infectious Disease**

**Nephrology**

**Oncology**

**Pulmonology**

**Sleep Studies**

**Wound Care**

# H1N1 – What You Should Know

The Hendricks Community Hospital is following Minnesota Department of Health and Centers for Disease Control and Prevention guidelines for the prevention and treatment of H1N1. Weekly and sometimes daily updates are provided to staff on the virus from these agencies. HCHA currently has a Flu Advisory Committee consisting of infection control, hospital nursing, medical staff and community members that meets on a weekly basis to plan for the upcoming influenza season.

The Novel H1N1 is a new influenza virus that is causing illness in people. This new virus was first detected in people in the U.S. in April of 2009. This new virus is currently spreading from person to person throughout the world, in much of the same way that the regular seasonal influenza virus spreads.

The symptoms of the Novel H1N1 influenza virus in people include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. Many people also report diarrhea and vomiting. While most people who have been sick with the new H1N1 virus have recovered without needing medical treatment, hospitalizations and death from this virus have occurred. People who have been shown to have increased risk of complication are those with underlying conditions including asthma, diabetes, suppressed immune systems, heart disease, kidney disease, neuromuscular disorders, and pregnancy.

The timing, duration and severity of the H1N1 influenza season can vary. The CDC has concluded that the H1N1 virus has caused more influenza cases in people younger than age 25 than older

people; this is quite different than the seasonal influenza virus.

The H1N1 virus can be spread from person to person. A person who is infected can spread the virus from one day before they get sick to five to seven days after.

## Everyone should take the following actions everyday to protect your health.

- Cover your mouth and nose with a tissue when you cough or sneeze.
- Wash your hands with soap and water, especially after you cough or sneeze.
- Avoid touching your eyes, mouth or nose. Germs spread this way.
- Try to avoid close contact with sick people.
- If you are sick with flu-like illness, the CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care if necessary. Fever must be gone without the use of a fever-reducing medicine.
- Follow public health advice regarding school closures and avoiding crowds.
- Get your seasonal flu shot!!



Members of the Flu Committee include (front row) Tammy Crofutt, RN, Cheryl Verschelde, RN, Kim Stroschein, LPN, Jeff Gollaher, Administrator; (back row) David Blees, Todd McCluskey, DO, and Rosemary Christianson, RN.

## Hendricks Hospital and Clinic Featured in “The Furrow”

The September-October 2009 issue of *The Furrow*, a John Deere worldwide publication, was recently distributed and prominently features both the Hendricks Clinic and Hospital in the cover story.

Author Steve Werblow spent a day at the facilities interviewing staff for an article entitled, “Vital Signs: commitment and technology yield good rural health care.” Featured in the article were Dr. Tabb McCluskey (described as a “thoroughly modern

country doctor”), and HCHA clinical staff Julie Nelson, LPN, and Carrie Gorham, RT.

The article explores how some rural communities are making concerted efforts to recruit and retain medical professionals, and how technology is extending hospitals’ reach as they support local clinics.

For more information on *The Furrow* or to read the article, go to [http://www.deere.com/en\\_US/ag/furrow/index.html](http://www.deere.com/en_US/ag/furrow/index.html)

# Hendricks Community Hospital

## Honoring 37 Years of Service

An appreciation luncheon was held on June 17, 2009 to recognize the years of service Dr. Wayne Panning has provided to Hendricks Community Hospital. Dr. Panning attended Medical School at the University of Minnesota along with Dr. LeRoy Mueller. Dr. Panning stated he further pursued the field of radiology as “I have always liked the opportunity to work with buttons, lights, gadgets and computers. Throughout my medical career there have been exciting advances in radiology technology.” He chuckled and said, “My ultimate dream with the technology capability of today would be to read exams via a computer connection from the comfort of my fishing boat.”

Dr. Mueller began his medical practice in Hendricks in 1963. He identified a need for a radiologist and was successful in recruiting Dr. Panning in 1972. Throughout the years, Dr. Panning stated he made an effort to provide the best radiology exam interpretations possible to equip medical staff in their diagnosing of medical conditions to help care for patients.

Throughout the years, Dr. Panning has been “traveling the circuit” to health care facilities in southwest and central Minnesota to read and interpret radiology exams. Over the years he missed only two days due to inclement weather. He recalls driving to Hendricks years ago and the fan belt broke on his car. Sheriff Abe Thompson came along and gave him a ride to the hospital. Cotton Johnson of maintenance made arrangements for Milton Johnson to do the repairs. When Dr. Panning was done with his work at the hospital, his car was ready to go.

“I enjoyed working here. Everybody



**Remembering their years of service to Hendricks Community Hospital are Dr. Wayne Panning and Dr. LeRoy Mueller.**

works together. The medical staff have been great. Administration has been good to proactively support changes in radiology and has done a good job in updating equipment.”

In reflecting on some of the changes over the years, Dr. Panning commented: maintenance staff used to be able to do equipment repairs. However, now days with the complexity of the equipment, that is no longer possible. The use of hard film x-rays is no longer the norm. Now with the ability to send images over the computer, hard films are no longer being used. That has impacted change in how radiologists provide services. Now it is possible to send radiology exams to a radiologist via a computerized connection. The radiologist no longer needs to come to the facility to interpret exams. Especially for rural facilities, which typically do not have a

full-time radiologist on staff, this has improved quality. Exams can be read and interpreted within hours without having to wait for the radiologist to come to the facility.

Dr. Panning continues to provide on-site services to area facilities and also works with a radiology reading group interpreting exams electronically. He is known to travel with his fishing gear. On his way home, he may stop by a lake, pull out his rod and reel, along with his waders, and catch some fish to take home for supper. He and his wife reside on a farm in Belle Plaine, MN.

Sharon Vetrus, former director of nursing said, “You have helped make Hendricks Community Hospital what it is today.”

Thank you Dr. Panning. Wishing you successful fishing wherever your travels take you!

## Cardiac Monitoring System continued from front page

Cardiac monitoring equipment is a necessary tool for physicians and clinical nursing staff to quickly assess and diagnose a patient’s condition. Gauging a patient’s response to many drug therapies and preventing complications associated with diagnostic, therapeutic and surgical interventions supports patient safety goals and Hendricks Community Hospital Association’s mission to provide high quality patient care in a

rural health care environment.

Jeff Gollaher, CEO, states: “This was a very competitive grant application process. We are very excited to have this opportunity to invest in cardiac monitoring equipment. It supports our mission for the provision of high quality services for our community service area.”

# Dietitian Carol Pitts

## 30+ Years with HCHA

Carol Pitts was hired by Hazel Evenson, administrator, and has been the consultant dietitian for Hendricks Hospital and Home since 1976, except for the two years she worked in Mannheim, Germany, for the Overseas Women, Infant and Children (WIC) Program. She began work with the facility shortly after becoming a registered dietitian in 1976 and works weekly with Linda Byers, our dietary manager. When first hired Carol worked with Kay Johnson, who was the dietary manager for many years before semi-retiring.

As consultant dietitian, Carol provides many services from clinical nutrition assessments in the nursing home and hospital to providing assistance in administrative duties such as food safety. Many years ago, she assisted Kay on planning the construction for kitchen remodeling to assisting Linda at this time with staff training and therapeutic menu service. Carol specifically provides outpatient nutrition services that include diet instructions from weight loss/gain to food intolerance. She has provided consultant services to assist with special diets at our local school. A specialty dietetic service that is provided on an almost weekly basis for the Hendricks Hospital is Carol's teaching in our diabetes classes. These classes have served many in the Hendricks area and are taught along with Kathy Weber, RN, who coordinates the classes.

There are also many hospital patients requiring specialty services including tube feedings, special diets, as well as overall



**Hendricks Nursing Home resident Emery Hogie and consultant dietitian Carol Pitts discussing nutrition planning.**

good nutrition planning. This nutrition planning is done with all the dietary staff who prepare and serve all the meals. Carol especially notes how well the Hendricks Hospital and Nursing Home Dietary Staff have accomplished their jobs over the past 30+ years, as well as how enjoyable it has been to work with all the medical and facility staff over the years.

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## Caring with Collaboration Award



**Hendricks Community Hospital's diabetes educators, Carol Pitts, MS, RD, LN, and Kathy Weber, RN.**

The Avera McKennan Diabetes Group, of which Hendricks Community Hospital is a recognized site, received a "Caring with Collaboration Award" at the Avera Quality Congress August 26 for its Pre-diabetes Education Program.

Site coordinators, as well as other diabetes education staff, helped to develop and implement the pre-diabetes education program which had its initial class in the spring of 2007. The success of the program and leftover fund money allowed for presentation of an additional class in the spring of 2008. Hendricks diabetes educators, Carol Pitts, MS, RD, LN, and Kathy Weber, RN, presented the program to 20 community participants who were followed through the summer with mailings to help with accomplishing each individual's goals for blood glucose, weight loss, and increased activity. A final session was presented in September of both years to measure goal progress and provide information for ongoing success. Results were very positive for both Hendricks groups as well as the entire Avera McKennan Group of nine sites.

It is a hope of the medical community that the successes shown with the Pre-Diabetes Education group will be instrumental in not only preventing or delaying the onset of Type 2 diabetes, but will also be a stimulus for insurance providers to invest in coverage of preventative medicine and wellness.

# Comprehensive Sleep Medicine Program Now Available at Hendricks Community Hospital

In a newly formed partnership with Whitney Sleep Diagnostics and Consultants, Hendricks Hospital is pleased to announce its new sleep medicine program. Patients can now receive diagnosis and treatment for their sleep disorder right in Hendricks. Whether you are experiencing symptoms of Obstructive Sleep Apnea (OSA), Insomnia, Restless Legs Syndrome or any of the 84 known sleep disorders, you can receive care at Hendricks Hospital.

People who snore excessively or stop breathing during sleep may have OSA. It is estimated that up to 12 million American adults have OSA. Untreated OSA can increase a person's risk of high blood pressure, stroke, heart disease, diabetes, and work or traffic-related accidents due to daytime fatigue. If you or someone you care about is having trouble falling asleep, staying asleep or not waking up refreshed, you should talk with your doctor about sleep. A simple screening tool available through your doctor's office can help determine if a sleep study is the best course of action for your situation.

"We are looking forward to work-



**Drs. Tabb and Todd McCluskey visit with Dr. Courtney Whitney.**

ing directly with Dr. Whitney. We are confident that this new partnership will provide our patients the level of treatment and follow up care that they deserve," Dr. Tabb McCluskey said.

Dr. Courtney Whitney, who oversees all aspects of the sleep program at Hendricks Hospital, has been a Board Certified Sleep Physician since 2002. In 2004, he opened the Whitney Sleep Center in Plymouth, MN and in 2008

created Whitney Sleep Diagnostics specifically to provide comprehensive sleep medicine to the rural market. His decision to partner with rural hospitals allows people living in less populated areas access to all of the benefits of a fully accredited sleep center.

The new partnership with Whitney Sleep helps demonstrate the commitment Hendricks Hospital has to the community it serves.

## Investment in Outpatient Service



**Frank Tholen and Regina Landrus, PT**

On March 23 the Hendricks Community Hospital Association, with the assistance from its partner, Big Stone Therapies Inc., made the investment in providing physical therapy services to the Ivanhoe community. One of the intentions of this outpatient service was to cut down on time and travel for Ivanhoe area residents needing routine physical therapy. Regina Landrus, the primary physical therapist, is at the Ivanhoe Medical Clinic on Monday, Wednesday, and Friday afternoons from 1:00 to 4:30 p.m.

"Accessing services in my hometown has been a wonderful benefit to me," says Ivanhoe native Frank Tholen. Frank doesn't drive and has been coming to the clinic three times a week. Frank explains, "It takes me about 20 minutes to get here from home on my scooter but I enjoy the drive." He has made steady progress working with Regina and enjoys utilizing the Nu-Step in the therapy room. "Regina and I work well together and it has been fun to see the progress we have made. This is a great service to have available in our community," states Frank.

To set up an appointment, contact the physical therapy department in Hendricks at 275-2217.

# Hendricks Home Care Offers Medication Management



**Oriette Dahl receives help with her medications from Hendricks Home Care Nurse Tierney Viessman.**

One of the services Hendricks Community Hospital Home Care offers is medication management. Anyone is eligible to have this service.

As bodies and lab values change, often medications can become a “whirlwind” for a person. Sometimes people consider themselves very much in control of their medications, thinking, “I take the pink one and the small white pill in the morning and in the evening I take the large white pill with the beige capsule.”

Due to insurance coverage, medications can suddenly change in color and shape. Another couple of medications may get prescribed, with one of them to be taken four times a day. What used to seem simple can suddenly be overwhelming.

The home health department uses simple medication caddies to help organize, or at times may use one of several more complex systems that lock for safety and have an alarm to remind the individual that it is time to take the medications.

Along with filling the caddy and re-ordering meds from the pharmacy, coordination is completed with the physician. Questions regarding help with managing medications in your home can be directed to Pam VanOverbeke at 507-275-3134.

## Lunch and Learn

### A quarterly educational service open to the community

On July 22, 2009, Lynn Simon, Doctor of Physical Therapy and Laura Crooks, COTA, were the guest speakers at a Lunch and Learn sponsored by Hendricks Community Hospital and Big Stone Therapies, Inc. Discussed were the effects of aging on muscles and joints as well as how to manage those aches and pain. During a complimentary lunch, participants enjoyed learning about and observing demonstrations of what therapy techniques are utilized to manage muscle and joint pain.

This Lunch and Learn was the first in what will be a quarterly educational service open to the community. According to Lynn Simon, “This is a great opportunity for us to educate the public on the services we can provide with physical and occupational therapy. PT and OT is so much more than just rehabilitation after surgery. These meetings are also a chance for us to get to know the community better.”

The next Lunch and Learn will be held on October 21, 2009 at 11:30 a.m. in the Hendricks Community Hospital education room. Dr. Kalo will be the guest speaker. He will give a PowerPoint presentation about hip and knee replacements. Jackie Lacek, PTA, and Amanda Beranek, OTR/L, will then review the rehab process. Some of the other topics in the upcoming months will be foot pain and orthotics, and in March 2010, a session on arthritis with a follow-up of a six-week long arthritis



**Lillian Thompson was one of the participants at the Lunch and Learn with Guest Speaker Lynn Simon, PT.**

support group will be held.

For more information or to call and sign up for the October session, please call Big Stone Therapies at 275-2217.

# HCHA: Leading the Way in Disaster Planning

The Hendricks Community Hospital actively participates with disaster planning. The Southwest Emergency Preparedness Team (SWEPT) meets monthly in Marshall, MN. In 2008, Dr. Todd McCluskey of Hendricks Clinic, P.A. took on the role of medical director for the southwest region. Rosemary Christianson, emergency preparedness coordinator of the Hendricks Hospital,

attends the monthly SWEPT meeting. There are 16 counties that are included in the southwest region. SWEPT represents 23 hospitals, 43 primary care clinics, 54 EMS groups and two tribal governments.

SWEPT receives funding and guidance from the MN Department of Health. SWEPT works with members to coordinate purchases of equipment and supplies

to meet the MN Department of Health benchmarks for emergency preparedness. It is important for our facility to participate regularly in the monthly meetings to enhance planning and participation in drills for emergency preparedness.

Some of the equipment that the Hendricks Hospital has been able to secure through the SWEPT grant includes a HAM radio to enhance communication, specialized suits with respirator equipment for chemical disasters, extra portable beds for a surge of patients in time of disaster and a portable negative air pressure unit that can be deployed in case of a pandemic flu or any respiratory outbreak needing to be contained.

During the month of July, the focus at the SWEPT meeting was H1N1 pandemic flu planning. Both Rosemary and Dr. Todd were present at the meeting. Hendricks Community Hospital initiated H1N1 pandemic flu planning meetings on a weekly basis through the month of August at the hospital. The goals of these planning meetings were to enhance communication between the hospital and the community, to be prepared to the best of our ability in case of an outbreak in our surrounding communities, and to provide proper education to the service area of Hendricks Community Hospital.



**Setting up the portable negative air pressure unit: Rosemary Christianson, Lindsay Bossman, Amy Otten and Randy VanDerostyne.**

## Gazebo Made Possible by Russel Smith's Generous Donation

With record crowds, perfect weather, and great food, Hendricks Community Hospital Association (HCHA) held its annual customer appreciation on September 10, 2009. In honor of the Russel Smith family's generous donation for a gazebo, the event was held in HCHA's courtyard where the new structure is located. Russ and his wife Ginny donated funds for the gazebo in memory of his parents, Foster and Hilda Smith who were longtime residents of Hendricks.

Russ and Ginny lived in the Lincoln Lane Villa Apartments about a year ago. "We would look out of the Villa dining room window and we just felt that the courtyard needed something," Russ commented. He thought a gazebo where people could meet and share time together would be perfect for the area between the hospital cafeteria and the Villa. Once again, thank you to Russel and Virginia Smith for their wonderful contribution to our campus!



**Pictured (left to right) is the Smith's daughter, Kate Aydin, Ginny and Russel Smith and Jeff Gollaher, HCHA administrator.**



## Dr. Terence Parr Continues to Provide Care for Patients in Hendricks

The physician, who has been in Hendricks for about seven years, has made a recent career move and is now only available part-time at the Hendricks Clinic. But he still plans to see his patients and maintain his practice in the community.

“There have been a lot of questions and concerns from patients, but I’m not going anywhere,” said Parr. “I’m just making some career changes and pursuing a new opportunity.”

Dr. Parr took an ER position at Avera Marshall on April 1, but is still available two days per week for appointments at the Hendricks Clinic. Although this arrangement has caused change and adjustment in the clinic, Parr feels several positives have come out of the change.

“This has consolidated my

time a little, and I enjoy the challenge of working in the ER, the acuteness of the patients’ situations. It’s a different type of medicine, and it was a challenge and position that was very attractive to me. Also, I feel I can help foster a beneficial working relationship between Avera Marshall and our facilities in Hendricks, perhaps acting as a liaison between the two, so that Hendricks can draw on Avera’s resources when necessary.

“I am also still doing procedures at the Hendricks Hospital and still admitting patients into the hospital if need be – I’m glad I can still be available to my patients in that respect.”

Parr continues to see patients who need minor same-day procedures, such as upper and lower GI endoscopy, hernia surgery, and others. He is still taking occasional on-call duties



**Dr. Parr**

at the Hendricks Hospital as well, working one weekend every other month.

Up until now his schedule at the clinic as been a bit inconsistent, but Parr says that will likely change in the future, and his patients will have a better idea of when he will be available for appointments.

In another bit of news, Dr. Parr recently board recertified and continues to show his talent and ability as a physician – he was ranked in the 99th percentile in the nation in his recertification.

Dr. Tabb McCluskey feels fortunate for the time he has spent as a colleague of Dr. Parr, and also wants the public to know that Parr will continue seeing patients in Hendricks.

“It’s a privilege to work with a talented physician like Dr. Parr,” stated McCluskey. “I appreciate the days he’s able to be here.”

The Hendricks Clinic encourages patients to call in advance if they wish to see Dr. Parr for a regular appointment.



**Kim Stroschein, LPN reviewing a patient chart with Dr. Parr.**

# Hendricks Nursing Home

## Resident Centered Care

Our focus in the nursing home has been to develop smaller more person-centered teams of employees. The first step towards this was to implement a Primary Nursing Model of Care.

To achieve person-centered care in long-term care we have changed our organizational structure. The MDS and RN Care Coordinator positions have been replaced with two long term care nurse managers. Jennie Simon, RN, is the nurse manager for the west wing and Doris Engen, RN, is the nurse manager for the east wing, they split the resident care in the south wing.

These two individuals are responsible for all resident care delivery, including assessments, and the evaluation and implementation of the care plan. They are also required to supervise and lead the staff team responsible for the direct care of the residents; this includes the charge RNs, LPNs, and the C.N.A. staff.

Person-centered care means in everything we do, we are valuing



**Hendricks Nursing Home is meeting the demand for more privacy and space. Resident Beverly Soderholm (right) enjoying family time with son Sid and daughter-in-law Julie in one of the new single rooms.**

the consumer or resident who should always drive our decisions. Resident care is greatly improved by having one RN oversee their total care plan. This also improves the communication within the nursing team. Everyone has a role to fulfill in this process and each job is important

to support the resident/person in their home.

Along with primary nursing, the request was made for more space for the residents who were in the double rooms. The Hendricks Nursing Home underwent a significant change the beginning of the summer. As of June 1, we have de-licensed our nursing home beds to 58 to accommodate a greater demand for privacy and space for our nursing home residents. It has been great to hear the positive feedback from the residents and families alike. The converted rooms will be part of our upcoming redecorating project.

If you are interested in a tour or have questions on our health care and residential services, please call Social Services at (507) 275-3134.



**Nurse managers, Jennie Simon, RN, and Doris Engen, RN.**

## Evangeline Axelsen - July Resident of the Month

Hendricks Nursing Home was proud to announce Evangeline Axelsen as their resident of the month for July 2009. "Vangie" was born to Lars and Hilda Thompson on September 2, 1913, on a farm near Hendricks. She attended country school through the eighth grade and graduated from Hendricks High School. She then went to South Dakota State University in Brookings and received her teaching degree. For over thirty years, Vangie taught fourth grade in Hendricks.

On March 21, 1937, Vangie and Albert Axelsen were married. They lived on a farm just south of Hendricks. Vangie and Albert had two children, Danny and Lona. Vangie enjoyed crocheting, quilting and gardening. She is a member of Christ Lutheran Church.

Vangie entered the Hendricks Nursing Home on March 13, 2009. Vangie enjoys taking part in the various activities and also enjoys watching TV in her room. She loves to visit with family and friends.



## Verna Engelstad - August Resident of the Month



Hendricks Nursing Home was proud to announce Verna Engelstad as their resident of the month for August 2009. Verna was born on a farm near Astoria, SD, to Selmer and Minnie (Rasmussen) Engelstad. She grew up on the farm with four brothers and one sister. Verna attended country school, Pioneer District 6 near Astoria. She graduated from Astoria High School, Class of 1941. Verna then went to Beadle Teacher College in Madison, SD, and also attended school at the Lutheran Bible Institute in Minneapolis, MN.

Verna began her teaching career as an elementary school teacher in rural Hendricks. She then headed west to California and taught at Christian Day School in Los Angeles for 20 years. Verna then moved back to Minneapolis, MN, and became an office secretary for the Billy Graham Association and the Central Lutheran Church. Verna is a member of Faith Lutheran Church. She entered the Hendricks Nursing Home on February 2, 1999. She continues to enjoy Bible study and playing bingo.

## Kenneth Spittle - September Resident of the Month

Hendricks Nursing Home was pleased to announce Kenneth Spittle as their resident of the month for September. Kenneth was born on a farm near Morris, MN, on January 7, 1921. His parents were Chancey and Maggie Spittle. Kenneth had two brothers and three sisters. He and his brothers helped with milking cows and, until 1937, they farmed the land using horses. Kenneth attended country school until the eighth grade.

Kenneth met his wife, Ruth, on a

blind date. They were married on May 8, 1945. Kenneth and Ruth had seven children, four boys and three girls. They eventually moved to Hendricks where Kenneth worked as a mechanic for Harlen Gilbertson for 14 years. He is a member of the Nicolai Lutheran Church in Canby, MN. Kenneth moved into the Hendricks Nursing Home on March 31, 2009. He enjoys taking part in the church activities, and visiting with old friends from around the area.



# Hendricks Hospital Auxiliary Donates \$60,000 to Remodel Nursing Home Dining Room



The Hendricks Nursing Home is looking forward to a “face lift” this fall. Thanks to a \$60,000 donation by the Hendricks Hospital Auxiliary, there will be a remodeling project taking place in the dining room. The amount will be able to fund 100% of the initial phase.

This project has evolved with the help of many. There has been a committee that consists of various residents, family members and staff working together with an interior decorator to determine the look and color schemes that best fit this area. “It has been fun helping to pick out the colors,” said Marion Nelson, nursing home resident. A wide-variety of residents helped to pick out the tables and chairs that best meet their needs.

The exciting part of this is that the dining room is the beginning of a multi-phase project that will be on-going throughout the nursing home in the next year. Feel free to stop by and see what we look like!

**At left, nursing home resident Marion Nelson and Dawn Popowski, LSW, looking at color schemes and fabrics for dining room renovation.**

## Local Farm Provides Nursing Home with Fresh Produce

After visiting with residents at a recent food committee meeting, dietary staff noted that the subject of fresh produce was of primary interest to them. Staff and residents talked a lot about gardening and what they grew in their gardens and what they ate out of their gardens. Nursing home staff wanted to give some of that “fresh from the garden taste” back to them.

The kitchen contacted a local farmer, Doug and Linda Buller, and asked if they would be willing to bring in fresh produce weekly. They agreed and the Hendricks Nursing Home residents have been receiving all kinds of fresh produce. The residents have been enjoying tomatoes, cucumbers, cabbage, peppers, onions, corn on the cob and they are still getting squash, and late produce. In the end it is a benefit to a local farmer and a delight to our residents.

Due to the overwhelmingly positive response from the residents, the dietary department is already planning to continue to provide fresh produce to residents next year.



**Linda Buller delivering fresh tomatoes.**

## Robert Larsen

Robert Larsen has lived in Lincoln Lane Villa, HCHA's congregate housing, for the past year. Robert and his wife Thelma looked at moving to the Villa some time ago and had put their names on the waiting list to reserve an apartment if one became available. Robert realized when he toured the Villa that he and Thelma needed to focus on her aging needs and wanted the features Lincoln Lane Villa offered; on call staff, meals provided, low maintenance, and convenience of clinic, hospital, and nursing home all under one roof.

Robert was born and raised in Hendricks. He spent the first six years living on the farm with his grandparents but when he started school, they moved into town. Robert graduated in 1940 from Hendricks High School and continued to live in Hendricks. He helped out on the farm, and worked for Werpy's Bakery. Robert remembers working at the bakery - 12 hours a day, six days a week and getting paid \$1.00 a day. When World War II began, Robert enlisted. He joined the Navy in 1943. Robert recalls the camaraderie and friendships he developed while in the service. He was stationed in



**Morris Dokken (left) and Robert Larsen enjoying an afternoon of bingo at Lincoln Lane Villa.**

Hawaii and was involved in the intelligence branch of the Navy. He and the men he served with would learn from the Japanese which islands they were going to attack next. When WWII ended, Robert came back to Hendricks and married his childhood sweetheart, Thelma Christiansen. Shortly after they were married, they moved to California where Robert worked in an aircraft plant. After five years in California, Robert, Thelma and their two daughters moved back to Hendricks where Robert went to work at the Farmers Co-op Creamery. They bought the only house available at the time and spent the next 46 years in it.

For the past eight years, Robert has noted changes in Thelma's health and a year and a half ago Thelma entered the Hendricks Nursing Home. Shortly after this, Robert received a call that an apartment in the Villa had become available. Robert has appreciated the freedom and convenience that the Villa has provided him. Because of the low maintenance he doesn't worry about mowing lawn, house repairs, or shoveling snow. He can optimize his time with Thelma and visit her without ever leaving the building! Robert and Thelma are very close and continue to spend as much time together as possible. The Villa also allows Robert the independence he still looks forward to. Robert continues to drive and goes downtown to play cards, have coffee at the bakery or visit family. He also enjoys having friends and family stop by his apartment. Robert is very much a people person; he greets visitors in the Villa hallway, always has a kind word and a smile, and is the "go-to guy" for bingo calling on Tuesdays if assistance is needed. Lincoln Lane Villa has allowed Robert to focus on quality time with his wife Thelma and his family.



**Thelma and Robert Larsen enjoying time together.**

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