

April 2024

## Resident Spotlight: Marilyn McLamarrah

**M**y name is Marilyn McLamarrah. I was born in Clinton, Iowa, in a home overlooking the Mississippi River. I have three brothers. Making music and a strong faith in God were very important to my parents. I only learned to play keyboards because I got out of doing the evening dishes. I took lessons for 10 years. After high school, I travelled to Minneapolis to study nursing at the Swedish Hospital (now part of the Hennepin County System).

I met my husband, Gary, and married him after graduating college. He passed in 1987. Early years of marriage were spent in Escondido, California. We had a daughter, a son and assorted four-legged members. We moved back to the Midwest so my husband could complete his graduate studies. In 1960, we moved to Rockford Illinois. Gary taught high school and was active in several community organizations.

In my spare time, I attended college and earned a degree. I obtained a position at the local Winnebago County Health Department, and stayed until I retired in 1998. Then, I had an opportunity to work with local doctors who formed Circle of Love Foundation. They provided short term medical clinics overseas, using their vacation time. I went to Africa and Central America with them.

The unexpected death of my son brought me to Harbor Crossing at the close of 2022. I have found new friends and opportunities to contribute here. My days are now filled spending time with my family, participating in scheduled group events, playing music for Pastor Laura, creating projects in the activity room and feeding a daily treat to Bear.



### Leadership Team

**Campus Administrator**

Kirsten Carson, LALD

**Housing Counselor**

Vicki Seidl

**Clinical Administrator**

Melissa Lawrence, RN

**Human Resources/Office Manager**

Dan Mortenson

**Nutrition & Culinary Director**

Daniel Amesbury

**Environmental Services**

Troy Duncanson

**Resident Services Director**

Mimi Vang

**Life Enrichment Director**

Elizabeth Arayata

**Campus Pastor**

Laura Kozamchak

**Harbor Crossing**

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(no password)

# The Harbor Herald

From the desk of Kirsten Carson, LALD, campus administrator

## Happy Spring!

I would like to wish all of you a delightful spring season filled with warmth, renewed energy and cherished moments. May this season bring you joy, vitality and wonderful memories to treasure. This month, we will be having a speaker from In-House Senior Services. They will be coming to talk about the other services they offer besides podiatry (vision and audiology). They will be presenting on April 17 at 2 p.m., in the community room. Please come hear the presentation and ask questions.

Just a reminder that the Resident Council meets on April 16 at 1 p.m.

If you would like to see one of our staff nominated for a Shining Star (brochures located in the lobby), which is a pin that recognizes an employee while giving a monetary donation to the foundation in their name. The donation funds get allocated back to the site itself, while recognizing the employee for a job well done. If you have any question about the Shining Star Program, please ask for a brochure!



## Creating Smiles!



There is nothing like having three "Jeans" to keep the day spinning!



National Volunteer Month occurs in April.

This month-long celebration is an important time to recognize all those who give their time and energy to serving and enriching the lives of our older adults.

Harbor Crossing will be hosting a breakfast pastry to our volunteers on Monday, April 22 at 8:30 a.m., in the club lounge/cafeteria.



## Dining room dish by Dan Amesbury, culinary director

**A**pril rains bring May flowers and you know what May flowers bring, right? Pilgrims!!!

As we mentioned during Donuts with Dan (i.e. Resident Food Council) and the Resident Council in March, we are launching our new electronic order taking system known as eMenu choice on April 1. This will allow for a more stream lined, efficient and accurate order taking process as well as allowing the servers to spend more time in the dining room attending to your needs.

Next we have begun our new Spring/Summer menu, which will have more lighter-fare offerings like salads and sandwiches. As always, our alternate menu selections will continue to be available.

Lastly, our monthly Donuts with Dan (Resident Food Counsel) will be on Wednesday, April 10 at 10:30 a.m., in the Community Room. I hope to see you all there.

Please remember comments and suggestions are always welcome, so don't be shy!

Thank You!



## Maintenance supervisor insight by Troy Duncanson

**W**elcome to spring! With the warmest winter on record behind us, this spring we can experience a lot of different weather conditions, like tornados, straight line winds, floods and extreme heat. So how do we prepare for these and what do we do during these extreme conditions? For a tornado or straight-line winds, shelter in place in your apartment. Please remove all items from window ledges, and let blinds down. Make sure all windows and doors are closed and securely locked. Go to an interior room of your apartment, like your bathroom, with the doors closed. You may want to bring in your cell phone and/or radio to monitor weather conditions. Stay in there until it is safe to come out. If you are out of your apartment during an emergency, seek shelter in an interior room of the building away from windows or go to the garage area until storm passes.

In the rare case of a flood, stay inside and report water leaks right away. If you drive, and do not need to go out, please stay in where it is safe. If you are out when flooding occurs, do not attempt to drive through flooded areas as this can be very dangerous and causes damage to your vehicle. If we experience extreme heat, please stay in. If there are areas with higher-than-normal temperature in the building, report them immediately. Remember to stay hydrated and dress in light clothing. If we lose power to the building, we are equipped with an emergency generator that will power lights in the hallway, one elevator, and all life safety systems equipment. It will not provide power to any apartments during the outage.

One last thing I want to mention is that evacuation out of the building is only of last resort and only under the direction of the campus administrator, the director of nursing or the fire/police department.

I wish you all a happy, healthy, and safe spring.

# The Harbor Herald

## Employee spotlight

**H**i there! My name is Lindsey and I have been at Harbor Crossing for exactly a year now. I have been a registered nurse for about a year and a half.

Before becoming an RN, I worked six years as a CNA in senior care/assisted living settings, primarily spending most of my time in memory care. When I finally got my nursing license, I worked at Regions hospital for about six months, but it did not feel like it was a fit for me and I didn't feel like I was fulfilling my nursing career in the way that I wanted.

I recently got engaged this past September in Yellowstone Park, and we hope to get married there as well. We spend our free time between our cabins up north. I am the youngest of three siblings and we have a family cabin in Squaw Lake, Minn., where we spend our summer weekends, fishing, hunting and enjoying time together.

I love my time here at Harbor Crossing and am blessed that I was led on this pathway. Spending time with the residents and getting to know them is the most rewarding part of my job, as well as learning new things from them. Harbor Crossing is my home away from home!



## High five winners!

Jessica – culinary

Connor— homecare

Nyka - homecare



Please remember that we have the HIGH 5 program for staff who work at Harbor Crossing. This program recognizes Harbor Crossing employees who go above and beyond. The nomination slips are kept at the front desk. At the end of the month, the slips are read, three employees are selected, and each employee receives a gift card.

This program is a terrific way to recognize an employee and say thank you.

## Fun Holidays in April

- April 1– April Fool's Day
- April 2– National PB and J Day
- April 6– Caramel Popcorn Day
- April 11– National Pet Day
- April 15– World Art Day
- April 18– National High Five Day
- April 20– Volunteer Recognition Day
- April 22– Girl Scout Leader Day
- April 22– Earth Day
- April 27– Tell Your Story Day

## Starting conversations about advance care planning

### National Healthcare Decisions Day, April 16

Who would speak for you about your health care options if you are unable speak for yourself? How do you open a conversation about what matters to you and have a say in your health care? These are the questions for April 16 — National Healthcare Decisions Day, designated by the “Conversation Project” of the Institute for Healthcare Improvement.

Presbyterian Homes & Services (PHS) is lifting up this day to encourage you and the people most important to you, especially those who may be called upon to care for you.

In an era of increasingly complex medical care, we can't afford to ignore life's end, or to separate our medical decisions from our spiritual values. PHS is dedicated to helping you open this conversation about your wishes for care with your chosen family, health care providers and with us. Our approach, “Honoring Choices,” offers encouragement and guidance for you to create a health care directive.

A health care directive is a document that informs others of your health care wishes. It allows you to name a person (“agent”) who will assure that your choices are honored or decide for you if you are unable to decide for yourself. This document has legal authority. Physicians, health care providers and hospital staff are bound by law to follow your directives.

Honoring Choices helps you and your loved ones navigate these conversations focusing on your health goals, spirituality, and what it means to live fully while remaining realistic about the end of life. Talking with the important people in our life can bring us closer together. It also helps us create the foundation of a care plan that's right for us — a plan that will be available when the need arises.

Reach out to your campus pastor who can help you take it step by step and get the conversation started.

**Harbor Crossing**

4650 Centerville Rd.  
White Bear Lake, MN

651-653-3288

HarborCrossingPHS.org

Presbyterian Homes & Services is a nonprofit organization and an equal opportunity employer serving older adults through community services, housing, and health care.

Thank you, volunteers for making a difference every day

**S**t. Francis of Assisi famously said, “Remember that when you leave this earth, you can take with you nothing you have received – only what you have given.” At Presbyterian Homes & Services (PHS), our vital corps of volunteers understands this better than most.

Although National Volunteer week is celebrated in the third week of April, PHS community recognition events are held from early April through May. Each of our campuses hosts tea, luncheon or other events to give a gracious thanks to those who serve year-round.

Volunteerism is one of the hallmarks of PHS. From the very beginning, local church members, children, service clubs, neighbors, resident family

members and staff have volunteered in every one of our communities. We are blessed to have a wide diversity of volunteers, some who are here once a year, and some who are with us every day, including our own residents.

These volunteers complete a variety of tasks — reading to residents, assisting with activities, tending gardens, delivering mail, running errands and helping with office projects. Our volunteers lighten the work of the staff and brighten the days of our residents.

If you are interested in volunteering, contact [volunteering@preshomes.org](mailto:volunteering@preshomes.org).

Please take time to thank a volunteer today!