

Spring 2024

A note from our administrator

Happy Spring from all of us at Harmony River,

What an unseasonably warm winter we had! As we prepare for even brighter and warmer days ahead, we also look forward to other exciting changes at Harmony River. After being cooped inside for much of the winter, we anticipate gathering outside soon for outdoor activities, bonfires, picnics, or simply basking in the sunshine.

One of the big projects we are anticipating this spring and summer is a remodel of our North Courtyard that is shared between our secured neighborhoods — Hillside Bend and Fern Pathway. We have plans to add shade structures, like we have in our South Courtyard but on a smaller scale, along with the addition of new shrubbery. If you have interest in contributing funds to this project, it would be greatly appreciated. Donations can be received at the site or to our PHS Foundation on behalf of Harmony River.

Speaking of the PHS Foundation, one of the questions I often receive from residents and family members is, “What can I do to recognize a staff member for the great work they do? Can I give them a thank you gift?” Residents and family members are discouraged to provide a gift to a single staff member. Instead, my recommendation is to nominate that individual as a “Shining Star.” By honoring a staff member as a Shining Star, you are saying “thank you” to someone who made a difference in the service or care that they provided. The staff member being recognized will be notified that a gift was made in their honor and will receive a special pin. In addition, they will be recognized in our internal communication as being a Shining Star. Any donations that are received in honor of our Shining Stars will be used for employee recognition events and functions at Harmony River. If you would like to participate in making a gift, you can pick up a Shining Star brochure and envelope from the front entrance reception desk.

We have many Shining Stars at Harmony River as was evidenced by our most recent Department of Health survey. The Minnesota Department of Health was here in January for our annual survey and overall had a very positive outcome. I am so proud of the team we have at Harmony River; for the great care they provide and their dedication to the residents we are privileged to serve.

We are continuously grateful for all of the blessings that we receive each and every day at Harmony River, and for being able to fulfill our mission, “To honor God by enriching the lives and touching the hearts of older adults.”

With deep appreciation,
Luke Krueger
Campus Administrator



Harmony River

Facebook

Posted on February 14, 2024: This post had the most traffic in the last three months having 3,015 people views. If you haven't seen it on Facebook, below is a sample of the 76 photos posted.

"Harmony River Celebrates Love!

"Monday and Tuesday, Harmony River hosted gatherings to celebrate Valentine's Day for our married couples.

"While the couples enjoyed some music and sweets, we added up their combined years of marriage. The total was up to 803 years!"



Chaplain's thoughts

Worship in the afternoon

You may have heard that there's a change in our Sunday services at Harmony River, going from mornings at 10 a.m. to afternoons at 2 p.m. I want to say a few words about that change because I know it's an adjustment for those who have gone to church every Sunday morning for decades or more.

First, we've been very deliberate, thoughtful, and prayerful about finding the best time. Worship is vital to believers, and we have many residents who look forward to worship every Sunday. This decision was made after weeks of discussion and deliberation with residents, staff, and families. I promise you, it's not something we did quickly or lightly!

In the end, there were several reasons why we moved from morning to afternoon:

- Afternoons will make it easier for families to worship together with residents
- Afternoons allow more involvement from musicians and worship leaders who are at their own churches on Sunday morning
- Afternoons allow local pastors to fill in more easily when I am away for military duty
- Afternoons will expand our volunteer base to assist residents in getting to and from worship.

Change is always a challenge. We are convinced the benefits of moving to afternoons will outweigh any negatives. We are committed to offering the best possible spiritual care for residents and families.

As always, if you have any concerns or questions about spiritual care, please reach out to me at stimm@preshomes.org or at 320-484-6009.

God's richest blessings to you!
Steve Timm
Campus Pastor



Aegis therapy

What is social wellness? This is an important part of our lives and continues to be an important part of our lifestyle even as we age. It is the way we interact with others in our relationships. It might include celebrating a loved one's birthday or supporting someone who is sick or needs more help. It is important to build our social connections, and this is important to our overall health.

Part of social wellness is our leisure activities as this helps to build connections and relationships; however, there are other benefits. Leisure activities allow us to feel a sense of independence, improve cognitive function and sensory abilities, enhance social life, promote an active lifestyle, and enable a healthier and better quality of life.

What are some activities that we can become a part of: playing cards or other games, video chat or call your friends, join a book club, coffee time with friends or family, and there are many more. Leisure activities decrease depression and anxiety and give a sense of purpose as well as boost our social wellness. What new and fun activities will you be starting this spring?

Denise Hanson PTA, CLT, DOR
Cell - 612-432-5700 | Office – 320-484-6020



Culinary

Good news! We are rolling out our Spring/Summer Menu on Monday, March 25. Culinary has added some new and kept a few of the old recipes that the residents love on the menu. Easter will be celebrated on Sunday, March 31, 2024, with a luncheon meal. Residents may invite guests to eat in their room; up to two per resident. Purchase your holiday meal tickets at the front desk. Only a limited number of tickets will be sold.

We are looking forward to eMenuCHOICE coming in April 2024.

For many residents, mealtimes are the most important part of the day. The resident-centered design of eMenuCHOICE encourages staff to promote a better dining experience, so residents feel safe, and empowered. Profile images, special diet information, and meal plan balances are displayed prominently to reduce mistakes and break down communication barriers allowing for a more seamless and enjoyable mealtime experience for everyone.

Patricia Herold,
Nutrition Culinary Director



Harmony River

Infection control update

Quickie Infection Control Items:

As of March 6, 2024, the CDC is encouraging another round of COVID booster vaccinations for those over 65 years of age who have not had one in the past four months or had COVID illness in the past three months. People who are up to date have lower risk of severe illness, hospitalization and death from COVID-19 than people who are unvaccinated or who have not completed the doses recommended by the CDC.

As of March 1, 2024, the CDC revised the guidelines for the general public regarding COVID-19 isolation. MDH has been very clear to date that this does not include health care agencies. Any changes to long-term care regulations is unclear at this time.

I am currently waiting for further guidance, and you may see an email or mail update with this information.

We continue to offer influenza, pneumonia and COVID booster vaccinations.

Harmony River has 86% of long-term care residents vaccinated for Influenza at the end of February.

If you are interested in the RSV vaccine, we do not have that at this time and I encourage you to go to your local pharmacy to obtain. Just bring me back a copy of the record so I can record!

If you or your loved one tests positive for COVID-19 and qualify for Paxlovid treatment, there is a program to provide this medication free or low-cost. You can find information through the PAXCESS program at <https://paxlovid.iassist.com> or call 1-877-219-7725. Always, if you have any questions on vaccines or illness, please reach out to me by phone or email and I am happy to help.

Kimberley RN 320-484-6087
kschumann@preshomes.org



Volunteer voice

If we haven't met yet, I am the new volunteer director at Harmony River. It's an honor to step into this role and lead our incredible team of volunteers into a new era of impact and growth.

As we bid farewell to our previous volunteer director, DeDe Schaefer, I'm eager to bring fresh perspectives and innovative ideas to the position. My background in Life Enrichment has equipped me with the skills and passion needed to enhance our volunteer program and strengthen our community bonds.

I believe in the power of collaboration and unity, and am committed to fostering an environment where our volunteers can thrive. From introducing new training opportunities to implementing the use of the Better Impact website, I am excited to redefine and elevate the Volunteer Director role, from introducing new training opportunities to implementing the use of the Better Impact website.

I invite each of you to connect with me and share your thoughts, ideas, and aspirations for our volunteer program. Your input is invaluable, and together, we can shape a vibrant and collaborative community that makes a lasting impact.

If you are interested in volunteering or have suggestions to share, please email or call me!

Bailey Fields
Volunteer Coordinator
bfields@preshomes.org
320-484-6040



Life enrichment

Happy Spring!

What an interesting winter we had, but as always, we kept busy here at Harmony River!

The residents enjoyed:

- Fresh baked bread from our bread machines
- Hobby Sharing Day, we had a room full of staff and residents sharing their hobbies and collections.
- A Mardi Gras event with King's Cake and mask making.
- Valentine Program, with the crowning of Queen Carol Kloempken and King Leon Edwards.
- Forty residents voted in the primary election with city election officials present.
- A Winter Carnival and a Hop into Spring Event with more fun and games!
- Irish Piano Music with Jim Nelson.
- American Chocolate Week: fresh baked chocolate chip cookies, tasting and learning about chocolate.
- Quilts were displayed at a Quilt show we had in late March.



We are busy planning our next few months of activities:

- Planting the raised planters in our courtyards and other outdoor events on the patio
- Piano Recitals: May 11 and 18, Dance Recital: June 20
- Ladies Day in May and Men's Day in June
- National Skilled Nursing Care Week is May 12-18
- Block Party, date to be announced

We continue with a variety of weekly musical entertainment, bingo, spiritual services, and assorted neighborhood activities. Family and visitors are now welcome to come to our activities! If you have any ideas or suggestions for special activities, please let us know. See calendars for dates and times. I send the monthly calendars by email if we have your email address.



God Bless you all!

Julieann Knutson, Life Enrichment Director

Sandy Brown, Sharri Fosland and Cindy Henning, Life Enrichment Assistants

DOVE™ Memory Care

We believe that caring for the needs of those with dementia grants us an extraordinary opportunity for ministry and we've made it a priority to raise the standard for this care.

DOVE — Dementia Orientation Values Education — is a three-part approach to care that ensures your loved one receives the affirmation and reassurance they need. Our dove lapel pin designates staff who has completed special training. The dove, a symbol of the Holy Spirit, symbolizes that even with loss of memory, the spirit remains intact.



Harmony River is blessed to have an onsite DOVE Captain and Certified Dementia Trainer. If you ever have any questions, concerns or would like more information contact:

Cindy Henning, Dove Captain
320-484-6016

Pam Radunz, Certified Trainer
320-484-6004

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HarmonyRiverLiving.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

St. 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.

Please take time to thank a volunteer today!