

Spring 2022
Volume 1, Issue 1

NORTH STAR MANOR

community

A feeling of fellowship with others, as a result of sharing common attitudes, interests and goals.

Thank you for sitting down and reading what is happening at North Star Manor . We are a community of people living and caring for the aging population. We live in the community of Warren that has been so generous with time and resources. It is wonderful to have a sense of community and we can feel that at North Star Manor. This newsletter is meant to invite you into the North Star Manor community and experience all the great things that are happening! Community is defined as a group of people living in the same place or having a particular characteristic in common. We like to think of North Star Manor as community and fellowship!

MEET THE ADMINISTRATOR

At last, spring is almost here! It seemed like such a long winter this year. It felt like it snowed every other day! For those of you who I haven't had a chance to meet yet due to the COVID restrictions, my name is Kalie Crayton and I took over as Administrator of North Star Manor in March of 2020, just as the pandemic was gaining momentum.

I want to take this opportunity to recognize and offer my sincerest thanks to the dedicated and hardworking employees of North Star Manor, who have stayed the course and continued to provide love and care to our residents through the challenges of COVID. I would also like to thank the residents and families for your support and patience as we have navigated through the everchanging rules, regulations and restrictions. It has been an emotional rollercoaster for everyone and I pray that we see the end of it soon.

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SPECIAL POINTS OF INTEREST

- Learn about the North Star Manor community!!
- Volunteers are always welcome to help make memories.
- Call NSM at 218-745-5282 for information on any of the items in this newsletter.



Lions and NSM Board Member Darrell Rindy with Administrator Kalie Crayton, flipping some pancakes!

OUR COMMUNITY NEEDS UPDATING

It is time to spruce up the facility and do some needed room updates. North Star Manor is currently raising money for new flooring for resident rooms. Each room will cost approximately \$2,400.00 with a total project cost of \$100,000.00. With the help of the Warren Lions Club, North Star Manor employees served pancakes and sausages on Sunday, April 3rd at the community center. Our first fundraiser raised \$6,443.42. Watch for more fundraising activities in the near future. We appreciate all the support given by Warren and the surrounding communities. A special thanks for all the generous donations and especially to the Warren Lions Club for the donation of time and money.



Pictured presenting a check to NSM is Lion President Tony Gullikson with NSM employee Bev Erickson and Lion members and NSM board members Mike DuBore and Darrell Rindy.

THANK YOU FOR YOUR SUPPORT!

MEET SHARON KOTTS



As staff development and emergency preparedness coordinator, my role at North Star Manor is to train staff in a variety of areas. Each month at our all-staff meetings, we focus on some sort of emergency preparedness. Pictured in this newsletter is a view of our most recent staff meeting where we trained on smoke compartments, fire marshal recommendations, updates to our fire plan and paging for certain code situations. Aside from having monthly fire drills, we also are starting to have actual drills on things such as workplace violence, missing resident, code blue, etc. A sincere thank you to our staff for attending and participating in our monthly trainings and drills. In addition, we thank the State Fire Marshal and the leaders of the Warren Fire Department for recently spending the day with us and helping with our Emergency Plan.

VISITING NSM COMMUNITY

For two years, nursing home communities through the country have struggled with the ever changing guidelines regarding residents having visitors. As the vaccination rates within our country continue to grow, the strict guidance for visitation continues to lessen. North Star Manor would like to share some common questions and answers with you regarding the current visitation guidelines.

Can a visitor have close contact with a resident during a visit?

A: Visitors must wear a mask throughout the building and physical distance themselves from other residents when in common areas (hallways, dining rooms, etc.). In a private room with the resident, the visitor may choose not to wear a mask. North Star Manor does strongly recommend that all visitors wear a mask at all times throughout their visit. The resident has the right to choose to make close contact with any visitor.

Can a visitor share a meal with the resident?

A: Visitors may eat with a resident if the resident and visitor are within a private room. Sharing a meal with a resident in a common area is not allowed. If a visitor is wanting to sit in the dining room while the resident is eating, the visitor must be wearing a well-fitting mask and physically distance from other residents.

Should the facility pause communal activities and dining during an outbreak?

A: Any residents that are not up-to-date on the recommended COVID-19 vaccine doses that have had a close contact with someone with COVID-19 may be placed in quarantine. In general, residents who are up-to-date with all recommended COVID-19 vaccine doses do not need to quarantine.

What is the best way for residents or visitors to protect themselves from COVID?

A: The best and most effective way for a resident or visitor to protect themselves from COVID is by being up-to-date with all recommended COVID-19 vaccine doses. North Star Manor advises all residents, staff, and visitors to follow the recommended PPE guidelines within our facility. Besides vaccinations, it is valuable to wear a well-fitting mask, physical distance yourself from others, and continue to practice proper hand hygiene.

North Star Manor remains dedicated to the health and well-being of all our residents and staff and would ask that all visitors within our facility commit to that same goal.



OUR COMMUNITY HAS FUN!

Fun. A term we all use regularly, something we all look forward to, spend time thinking about, waiting for, planning. Have you ever taken a moment to evaluate your engagement in leisure activities, your fun? The fact is that leisure is an important element to incorporate into your regular routine. There is proven evidence based research that clearly touts its multitude of benefits. For seniors this includes: Improved mood, reduced levels of stress, increased flexibility, improved immunity, and improved memory among other things.

These are such beneficial things to aid in maintaining overall wellbeing as we age! Many of our residents spent so much of their lives working that they didn't have the opportunity to explore their interests or engage in many leisure pursuits. It is a privilege to have the opportunity to see them begin to explore these after retirement. Finding purpose and enjoyment as we get older can be tricky and that is why having the activity staff there

to support, encourage, and guide them is so important. From playing cards, Bingo, crafting and baking, to engaging in active pursuits such as chair yoga, ladder golf, and planting in the spring. All of this can re-ignite an individual's passion and make their days brighter all around, and in turn have a multitude of benefits to their health.

The Pandemic caused us all to take a step back and re-evaluate what is important in life, and yes being social and having fun has proven to be much needed! We are so thankful that we have moved past the difficult times where families were separated and everyone was socially distanced. The shift in moods and overall health has been evident as we have begun to re-engage in our leisure activities! We are looking forward to a summer of fun, and we strongly encourage you to go out and find your "fun" as well, because our health and wellness matters, no matter our age!

~Kylee Ness, Activity Director



NATIONAL NURSING HOME WEEK MAY 8-14

The important week recognizes the essential role of skilled nursing care centers in caring for elders and individuals with disabilities. This year's theme, "Creating and Nurturing Connections", celebrates skilled nursing centers, their residents and staff. LaVonne Merten, Director of Nursing for North Star Manor, would like to take this time to recognize and thank all the hard working staff of NSM!

Every day will have something special and fun for staff and residents.

BE PART OF THE NSM COMMUNITY

There are immediate openings in the Assisted Living facility and the Independent Senior Living Apartments. For a tour and pricing, contact Deb Sabol at 218-745-5282. Community and Fellowship...what more could one ask for! The facilities are connected to the North Valley Health Center for the added convenience of never having to leave the community for any medical services.

*North Star
Assisted Living
is community living with
apartments and services.
Meals, Medicine and
More!!*



*North Star
Independent Living
is community living with
apartments and
fellowship!!*

*The North Star
Manor community
is connected to
North Valley
Health Center for
ease and
convenience.*



A GREAT PLACE TO BE

Welcome New Employees

Dann P, Chaplain
Zoe B, Food & Nutrition
Kaianna S, CNA
Emily C, Basic Care Aide
Nicole L, CNA
Julie K, CNA
Autum M, Food & Nutrition

Employee Anniversaries

One Year

Michelle M
Lonna B
Michelle J

Two Years

Sharon K
Kylee N
Nicole N
Joey B
Kristen B
Shawn F

Six Years

Diane J

Eighteen Years

Bev E

**View NSM careers at
[www.northstarmanor.org
/careers](http://www.northstarmanor.org/careers)**

**We are looking for
motivated employ-
ees to enlarge our
community of care-
givers. If you would
like to be a part of
something great,
apply today! Nice
starting wage and
benefit package.**

OUR COMMUNITY IS ONE OF ONE MILLION



North Star Manor has been involved in an advocacy campaign—I am **ONE** of One Million MN seniors—designed to draw attention to the growing number of seniors in Minnesota and the need to support them with public policy solutions. There is a critical bill going through the legislature that could provide \$500 million to help raise wages, recruit new workers and retain dedicated staff in nursing homes across the state. We are very proud of all of our residents that participated and helped us in this very

important grassroots campaign! We took pictures on March 30th of our seniors holding up our “ONE of One Million MN seniors” signs. It was really fun! We will be flooding our Facebook page with our pictures to raise awareness that **our seniors matter!!**

This campaign was during legislative spring break (April 9-18). Please like our Facebook page and enjoy more pictures!! Thank you!



MAINTENANCE & ENVIRONMENTAL SERVICES



What a winter it has been with the snow and the wind. Early this winter our 1984 John Deere riding mower/blower took its last breath in the middle of a storm. The city of Warren was gracious enough to lend us a walk behind blower so we could continue to remove snow to maintain our doors and exit paths. With the amount of snow we just could not keep up, graciously the WAO Pony Booster Club donated a new John Deere riding mower/blower. We could not be happier.

You may have seen the flyers for a pancake feed fundraiser; I hope you were able to attend and enjoy the food and the company! We are currently asking for donations to replace the flooring in all resident rooms at the nursing home. We have already received many generous donations to hit our goal of \$100,000.00. On that note, we are also accepting donations to sponsor a room at the cost of \$2,400.00. Please reach out to the facility at 218-745-5282 or send a donation check if you would like to donate. We cannot do this without your help.





North Star Manor
410 S. McKinley St.
Warren, MN 56762

Phone 218.745.5282
Fax 218.745.9213

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US Postage
PAID
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Warren, MN 56762
ECRWSS

NORTH STAR MANOR

Thank you for being part of our community. North Star Manor is owned by the City of Warren and is allowed to accept charitable donations. You receive the tax benefit. Please consider donating to help North Star Manor update resident rooms. You may also designate what your donation should go toward. There are many needs at North Star Manor and it takes a community to make things better.

NORTH STAR MANOR CHARITABLE DONATION

Name _____

Address _____

City _____ State _____ Zip _____

Email _____

Enclosed is my tax-deductible gift of \$ _____

I would like my donation applied toward:

_____ Resident Rooms _____ Common Area Furniture

_____ Activities _____ General Use

_____ Outdoor Furniture