



Tenant Meeting, Wednesday, January 17th —  
11:00 a.m. in the Activity Room

## MILLSTREAM COMMONS NEWS JAN 2019

### From the Desk of Kathy Olson Welcome 2019!

It was so good to see many of you at our annual family holiday party! Wasn't it great that we didn't have to worry about winter weather this year? I felt it very fitting to incorporate the Honor & Remember Ceremony into our night. It's heart warming to read so many meaningful messages from tenants, family members, and staff. Many thanks to the members of our team who worked extra hours to make this a special night for you and your family.

I'm excited to announce that starting January 2019, our holiday meals for guests will be noon dinner on Easter, Thanksgiving & Christmas; no longer will New Years, Mother's Day, Memorial Day, Father's Day, 4th of July or Labor Day be considered a holiday for guest meal prices. Watch the Newsletter for the special menus and RVSP deadline dates!

Isn't it nice that January gives us a chance to reflect on the year behind us and anticipate the days ahead? Hold your hopes, dreams and memories close as we enjoy the gift of a new year. Together we learn, grow, and change as we share the ups and downs of life. Thank you for sharing your wisdom and allowing me to share this journey with you! Happy New Year!



#### WINTER SAFETY:

Our maintenance team works hard on keeping the walks and drive cleared in the winter season. If you notice a slippery sidewalk, please throw out a scoop of ice melt onto the sidewalk. There is ice melt located by every entrance as well as individual bags you can use to sprinkle ice melt on your way to your car to help with traction. We appreciate your help with this safety concern.



Meet Pastor Clark Cary ... Pastor Clark will be leading Bible Study and Sunday Worship Services thru

the end of February while Pastor Bob is on vacation in the Southwest USA. Please give Pastor Clark a warm welcome!



From the nurse's office:

Happy 2019! We have had a relatively quiet flu season so far this year, (Knocking on wood!), but the virus has arrived to our region. As always, we are well prepared at Millstream with staff and tenants having already received their flu vaccinations. Just a reminder: If you have been exposed to influenza or think you may be getting sick, please protect the tenants by staying home and avoiding contact with Millstream until you are no longer contagious. (Visit the Minnesota Dept. of Health website for more information on signs, symptoms and treatment of influenza.) If it's necessary for you to enter the building, masks will be provided at the front desk. If a tenant tests positive for Influenza, please notify the RN immediately. Anyone with Influenza will need to stay in their apartment for 1 week from the onset of symptoms.

In the event of an influenza outbreak at Millstream (2 or more confirmed cases), the RN will notify the physician of all tenants. If the tenant receives the medication administration services from Millstream, the RN will also coordinate and administer Tamiflu as ordered. Otherwise, it is the tenant or family's responsibility to communicate with the doctor and pharmacy if medications are ordered. The staff at Millstream will do their very best to meet the needs of the tenants. However, it may become necessary for families to assist in caring for their loved one. It's always good to have a plan in place just in case such an event takes place. We will keep you informed if such a need arises.

Sleep well, drink plenty of fluids, and stay healthy for the New Year!