

United Pioneer Home & Lawson Manor

Welcome

"As the old year retires and a new one is born, we commit into the hands of our Creator the happenings of the past year and ask for direction and guidance in the new one."

— Peggy Toney Horton

Activities Corner

New Activities Director

Former Activity Director Rita Frandsen retired in early November, passing the baton after serving the seniors at the United Pioneer Home for seven years. Our new Activities Director, Barb Schrammen, comes with Therapeutic Recreation experience. She worked in Activities for five years in a nursing home in Chaska, Minnesota and more recently in the Dietary Department at the United Pioneer Home.

Late Fall and Winter Events



In November, the veterans were honored with a programs for Veteran's Day. In December, the Pioneer Home Auxiliary hosted the Annual Christmas Tea and Basket Drawing event. Twenty-five gift baskets were donated by residents' families, friends of the Pioneer Home and staff. Cookies and Christmas treats were provided by member churches. All the preparations paid off in a big way when the funds raised exceeded other years by \$300! Monies are designated for chapel furniture, and will

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Special Events:

- Bingo every Tuesday at 2:30pm, Thursday at 6:30pm & Saturday at 2:30pm
- Monthly birthday party second Monday every month
- Glory Train first Thursday every month.
- Church service 4pm every Sunday

Looking Ahead:

- 6/12/17 Annual Meeting 7pm
- 6/17/17 Bake Sale 8am to Noon
- 8/6/17 Pie & Ice Cream Social 2-4pm

Activities Corner, Cont.

purchase a new piano and communion table.

Throughout December, area churches, Girl Scout troops, the Luck High School choir, local groups and families came to share their talents and create Christmas cheer for the residents. The annual family Christmas Eve party brought Mr. and Mrs. Claus and a new addition of Christmas BINGO.

To end the year, the residents toasted in the New Year with noise makers, hats, some “bubbly” and a rousing rendition of *Auld Lang Syne*.

Sunshine Club

A “Sunshine Club” made up of UPH staff has brought fresh ideas to help with resident and staff morale. A recent activity in the days leading up to Christmas was to hide an “Elf on the Shelf” in plain sight, performing various antics throughout the facility. The first elf was joined by another elf, as residents and staff enjoyed creating and searching for the mischievous elves every couple days. Requests from the residents for special meals like liver and onions and Taco Tuesday have also been implemented with rave reviews!



— Barb S. and Kim E. Activity Department

Staff Anniversaries

People are the heart and soul of the care our Residents receive at UPH. Thanks and congratulations to all our staff, and especially those with “special” anniversaries July through December 2016:

One Year of Service

CNAs Pam James, Cerissa Smisek, Chuck Turner, Krystal Zuniga; Dietary Aide Nicole Carlson; Housekeepers Yong Bergman, Lori Johnson, Bobbi Swanson; Laundry Aide Charity Johnson; LPN Nicole Ruez

Ten Years of Service

Julie Rose, Dietary Aide

Thirty Years of Service

Diane Schroeder, Medical Records



Do You Suffer From Knee Pain?

Knee Pain is Common

Osteoarthritis of the knee is the most common form of arthritis affecting over 10 million Americans. It occurs primarily among aging adults when the cartilage cushioning the bones of the knees deteriorates. These symptoms often make it difficult for people to walk, climb stairs, or even sit.

How is Knee Pain Treated?

While medications can help reduce pain and swelling, physical therapy addresses the problems that can be caused by osteoarthritis such as muscle weakness, instability, lack of flexibility, and inflammation.

Who Should Try our Program?

You or a loved one should consider our program if you have:

- Knee pain or stiffness
- Swelling in a knee or limited movement
- Aching or grinding sensations in the knee
- Increased difficulty walking due to pain



What to Expect

Our personal healthcare team will assess your knee function, balance, strength, flexibility, and medications. After this evaluation the following treatments may be used to help your knee feel better:

- Light exercise and electrical stimulations to improve strength and reduce pain
- Short-wave diathermy to reduce inflammation
- Gentle stretching techniques to improve flexibility

Contact Us

Please speak to your doctor or call our Rehabilitation Department about enrolling in our knee pain program, and start improving your knee function today!

Therapy website:
www.mjcare.com

Insurance Change for 2017?

Reminder to all who have changed insurance carriers or policies during open enrollment: Please stop by the business office or mail us a photocopy of both sides of any new insurance cards your Resident has received.

Thoughts for a New Year

May Light always surround you,
Hope kindle and rebound you.
May your Hurts turn to Healing,
Your Heart embrace Feeling.
May Wounds become Wisdom,
Every Kindness a Prism.
May Laughter infect you,
Your Passion resurrect you.
May Goodness inspire
your Deepest Desires.
Through all that you Reach For,
May your arms Never Tire.

— D. Simone



“When your state of mind is generally optimistic, you’re better able to handle everyday stress in a more constructive way. That ability may contribute to the widely observed health benefits of positive thinking.”

— Mayo Clinic



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Home

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