

United Pioneer Home & Lawson Manor

Welcome

*"Spring shows what God can do with a drab and dirty world."
-Virgil Kraft*

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Activities Corner

Winter does not mean we hibernate at the United Pioneer Home! To the contrary, the activity department has been bustling -- and even adding events to our evening programming.

Monthly Game Nights



In coordination with our in-house Sunshine Club, monthly game nights have been implemented. In January, indoor "lawn dice" was a "huge" success. In February, a Mardi Gras party complete with glow-in-the-dark games, disco ball, jazz music and a social were held. In March, an evening of bowling with competition between households was facilitated by the "half pint" pin setters. The Bone Lake Lutheran confirmation students also came for a board game night with approximately 25 students and adults.

Parties, Parties, Parties!

A Hawaiian social with hula grass skirt dancers, Hawaiian pizza and tropical drinks took place in January. A Chinese New Year celebration brought Chef Peter Kwong to demonstrate and share a Chinese snack. He spoke about Chinese traditions and his life in Hong Kong. The

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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:

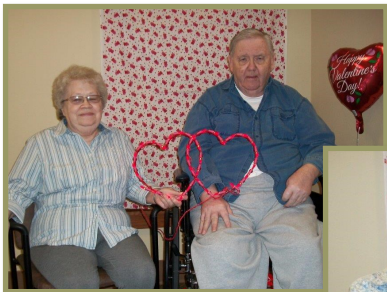
- 6/12/17 Annual Meeting 7pm
- 6/17/17 Bake Sale 8am to Noon
- 8/6/17 Pie & Ice Cream Social 2-4pm

Activities Corner, Cont.

barber shop quartet *Chariot*, with Administrator Dan Valentine, performed a few numbers.

At the annual Valentine's Day party, a new queen was crowned to represent the United Pioneer Home. Since no men put their "hat in the ring" to vie for the title of king, a runner-up princess was chosen. The new royalty are Dorothy Sorensen and LaVerne Olson. Our

Valentine celebration was expanded this year to include a Sweetheart Social, with several couples nearing 70 years of marriage in attendance.



In March, Irish cheer and refreshments were provided by the Red Hat Ladies -- as only the "Red Hatters" can do. Outdoor activities are around the corner with "spring fever" invading the facility!

-- Barb and Kim
Activities Department



Ready... Set... Walk!

Now that spring is here, conditions are ideal for getting outside for a walk.

The *Physical Therapy Advisor*¹ suggests walking for 30 minutes per day, at least five times per week. This walking time can be broken up into shorter periods throughout the day.

If difficulties with balance, strength, safety or other orthopedic issues are preventing you from walking, please feel free to consult with our therapy department for assistance.

Happy walking!



Benefits of Walking:¹

- Improves circulation and blood flow to the entire body.
- Lowers risk of heart disease, stroke, and cancer.
- Reduces risk of diabetes (releases hormones that can control blood sugar levels for up to 24 hours).
- Keeps the mind sharp and reduces risk of Alzheimer's disease and dementia.
- Boosts the immune system.
- Improves sleep quality.
- Decreases pain levels.
- Helps manage arthritis symptoms.
- Helps maintain eyesight and avoid cataracts.
- Reduces risk of periodontal disease.
- Helps prevent constipation.
- Releases stress-reducing hormones.
- Reduces osteoporosis and keeps the spine healthy (enhances nutrient exchange in the spinal discs).

¹ Source: "Why Walking is Critical for Your Health." *The Therapy Advisor*, 2015.

<http://www.thephysicaltherapyadvisor.com/2015/06/10/why-walking-is-critical-for-your-health/>

Therapy website: www.mjcare.com



March 31 Edna Lawson passed away at the United Pioneer Home, where she served as administrator for 20 years (1966-1986).

Edna was a straightforward advocate for “resident-centered care”, long before that term became popular with state regulators. She left her mark by developing our vision and reputation as a place where the needs of residents come first.

The United Pioneer Home staff extend our sympathy to the Lawson family, along with our appreciation for her service. We were honored to care for Edna during her final days.



March 30 Dan Valentine celebrated 30 years of service as our nursing home administrator.

Dan’s proudest achievement (so far!) is the opening of our current nursing home and assisted living facility. Planning began in 1989 and continued for more than 20 years. Groundbreaking was held in 2010, with doors opening in September of 2011.

Congratulations Dan! Feel free to stop in and thank Dan for all his hard work on advancing our mission and providing for the needs of the elderly in our community these past three decades.



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