



Heritage

Happenings

July 2010

Volume 1, Issue 3

Special points of interest:

- Independence Day
- Homes for the Aging Week
- Recipe of the Month
- Snapshots

Independence Day

Most people in the United States celebrate the 4th of July, but do you know exactly why the holiday is so important to our country?

In the years leading up to 1776, Great Britain kept trying to make the colonists follow more rules and pay higher taxes. People started getting mad and began making plans to be able to make their own rules. They no longer wanted Great Britain to be able to tell them what to do, so they decided to tell Great Britain that they were becoming an independent country.



The Congress met in Philadelphia, Pennsylvania and they appointed a committee to write a formal document that would tell Great Britain that the Americans had decided to govern themselves. The committee asked Thomas Jefferson to write a draft of the document, so he worked for days, in absolute secret, until he had written a document that he thought said everything important that the committee had discussed. On June 28, 1776, the committee met to read Jefferson's "fair" copy. They revised the document and declared their independence on July 2, 1776. They officially adopted it on July 4, 1776. That is why we call it "Independence Day." Congress ordered that all members must sign the Declaration of Independence and they all began signing the "official" copy on August 2, 1776. In January of the next year, Congress sent signed copies to all of the states.

The Declaration of Independence is more than just a piece of paper. It is a symbol of our country's independence and commitment to certain ideas. Every time we look at the Declaration of Independence, we should think about all of the effort and ideas that went into the document, and about the courage it took for these people to stand up for what they knew was right -- independence!

-www.kaboose.com

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Planting Pansies

Springtime planting was done by Jo Judson's 4th grade class and Heritage folks on Tuesday, April 13th. With plastic polka dot tablecloths, piles of dirt, and 26 pairs of old shoes (donated by Bearly Used) the students dug in. Purple pansies named "Blueberry Thrill" were carefully transplanted in the shoes and set outside in the courtyard. The students took a shoe planter home with them on their final visit of the year, May 10th.

The C&H Kinship program stands for "Century" students and "Heritage" residents and it suggests a very sweet relationship. The students come once a month and engage in a variety of interesting and fun-filled activities.

Jo Judson is retiring this year and we'd like to give a very special THANK YOU for her enthusiastic leadership of this program!

*"Whether you
tend a garden or
not, you are the
gardener of your
own being, the
seed of your
destiny."
-The Findhorn
Community*



Pictured above with the 4th grade students is **Betty Rixen**, top left, **Leona Murray**, top right, and **Ethel Kivinen**, below.



Distinguished Service Award

Each year the staff of Heritage vote one of their co-workers for the Distinguished Service Award. The award recognizes a staff person who enjoys their job, is committed and dependable, has a positive attitude, and has a strong work performance. The individual is also a person who goes “above and beyond” in demonstrating their care and compassion towards older adults and works towards the mission of Heritage. This year there were many well deserving employees but only one could receive the award. The committee reviewed the nominations and this year’s recipient is ...

Michelle Yliniemi!

Congratulations Michelle and thank you for all your hard work and dedication!

Gardening at the Cottages

The residents and staff at the Cottages have been very busy planting their gardens. The maintenance department was kind enough to put out some barrels for planting and filled them with potting soil. Several staff members donated vegetable seeds and plants and helped the residents plant the crop. The activities department at the nursing home shared some left over flowers which the residents immediately planted and are able to enjoy everyday! The staff and residents are looking forward to harvesting their crops and can’t wait to eat fresh zucchini and tomatoes!

“The summer night is like a perfection of thought.”
-Wallace Stevens

Recipe of the Month

Jell-o Pie

1 12oz. tub cool whip
1 graham cracker crust
1 pint fresh fruit
1 cup boiling water
1 small package sugar free Jell-o

Mix Jell-o in boiling water and stir until completely dissolved. Place bowl with Jell-o into freezer for 10 minutes. When chilled, stir in cool whip and fresh fruit, pour into graham cracker crust and refrigerate for one hour. Enjoy!



Snapshots



Heritage celebrated Homes for the Aging Week May 10-14th. Many special events were held such as karaoke, performances by musical groups, and a barbeque! Here are some pictures from the action packed week.

"Coming together is a beginning, keeping together is progress, working together is success."

-Henry Ford



Bottom Left: **Kurt and Roman Filla** sing "Burning Ring of Fire."

Bottom Right: Members of the **Heritage Team** who had outstanding attendance in 2009.

Top Left: Our own Elvis, **Mike Cole**, entertained us with several songs during karaoke.

Top Right: **Michelle Yliniemi** is awarded the Distinguished Service Award by **Kurt Hansen**, Executive Director.



Staff Recognition

During Homes for the Aging Week, Heritage took time to recognize staff for their hard work and dedication. Their passion clearly shows through in the excellent job they do each day to provide our customers with the best quality of life possible.

In recognition we had several staff who were honored with attendance awards. The staff who receive an attendance award used less than 24 hours of sick leave in the 2009 calendar year. Those receiving the attendance award were: Melissa Brissett, Wilma Erickson, Diane George, Karen Hill, Kent Hjelseth, Levoune Lindbom, Anne Neumayer, May Neumayer, Barb Olson, Brenda Overly, Connie Preston, Cheryl Schultz, Stan Schultz, Deb Stengrim, Teresa Walsh, and Michelle Yliniemi.

Heritage also recognized staff members for their years of service. Staff were recognized as follows:

5 years of service: Kent Hjelseth, Janice Jones, Charles Nelson, Marie Robbins, and Stephanie Walsh.

10 years of service: Virginia Guptill

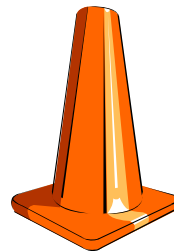
25 years of service: Jan Burlingame, Patty Dudley, Georgiann Eischens

30 years of service: Karen Hill

THANK YOU for your dedication to the Heritage Community!

Construction

Summertime in Minnesota often results in many construction projects and Heritage is also taking advantage of the beautiful summer days to make some improvements. Recently, new wood-grain flooring was placed near the B/C nurses station and new carpet was laid in the hallway of B wing at the Nursing Home. Please take a moment to enjoy the new flooring that was handpicked by our staff and residents.



The Heritage Manor and Park Villa caught the construction fever too and in a few weeks a building project will begin. A connecting link will be added to the 2nd story of the Manor and Villa so the tenants will have easier access to both buildings. Watch for pictures in our next newsletter!

The City of Park Rapids is also taking on a construction project and will be working on 6th, 7th, and 8th streets. 6th Street runs right into the front entrance of the Heritage Community so the visitor entrance and parking lot will be difficult to use. We ask that our guests please park in the Service lot or employee parking lot behind the Nursing Home which is accessible off 5th Street. You may enter through the back door and handy florescent green signs have been posted to help you find your way. If you do get turned around please ask one of our staff and they will happily show you how to reach your destination!

*"A single
sunbeam is
enough to drive
away many
shadows."
-St. Francis of
Assisi*



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