

ENCC NEWSLETTER



APRIL 17, 2023

From Our Administrator



Spring is officially here, and we are loving the change of season after the long and frigid winter we had. We have had a very busy 1st Quarter at ENCC. We received new windows and flooring throughout our facility which have really updated our look. We are so fortunate

to have a supportive board who is invested in the success of our facility.

The animals for our courtyard will be arriving soon and we are anxious for the community to see our new additions. Residents are very anxious to be spending time

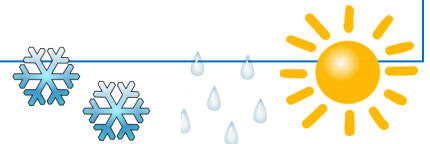
outside enjoying the beautiful pond, soaking in the sun, and enjoying life outdoors again. Our residents will once again be planting gardens, making bird feeders, and helping with the animals. The staff at ENCC believe in giving our residents a purposeful and meaningful life by allowing them to keep doing what they have always loved to do in the past.

We will continue to provide Quarterly newsletters updating families and friends of ENCC happenings. I want to thank all of you for the love and support you show our residents and staff. We are blessed to have such a wonderful community.

God Bless,

Jason Hanssen
Administrator

Our I HATE WINTER party included dress up days, grilled food and snacks, a visit from Bramble Park Zoo animals from Watertown, and games with 7th graders, along with several other special activities that kept residents and staff from getting the winter blues.



“I just want to say, as a pastor who has visited people in a lot of different nursing homes, that Estelline Nursing and Care Center is in a league of its own. I would encourage anyone to consider this place for themselves or their loves ones.”

Pastor Dustin Bartlett

Estelline Nursing and Care Center

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Jason Hanssen, Administrator

Sherry Bjorklund, Licensed Social Worker

Amanda Trowbridge, RN, Director of Nursing

FROM ACTIVITIES...

Greetings from the Activity Department! Summer is quickly approaching and we are excited to enjoy the outdoors. Some of the outings we look forward to include fishing, drives, museums, zoos, parks, shopping, and movies. We have purchased a special trailer that will allow all of us to enjoy cruising around town!

Special thank you to all our volunteers and contributors. We could not do this without your time and donations. Please continue to like and follow us on Facebook and enjoy our daily adventures.

Blessings,
 Laura Crooks
 Activity Director

VOLUNTEERS NEEDED FOR THE FOLLOWING:

- ~ Hair Setting/Styling
- ~ Card Groups
- ~ Music/Entertainment
- ~ Nails
- ~ Outings
- ~ Bingo
- ~ Outdoor Companion

Please contact me:

Laura Crooks, Activity Director
 lcrooks@itctel.com
 605-873-2278



BINGO				
1	27	33	48	75
8	19	45	56	61
3	18	FREE SPACE	49	69
15	26	41	53	66
2	21	37	46	65



Rose Jurgens, Marj Warborg, and Janet Rust, members of the Red Hatters, are part of the group that volunteer for Bingo.

Phil Carlson and the Leland Harding Band both provide musical entertainment are very popular with the residents.

UPCOMING FUNDRAISING EVENT:

9 Hole 4-Person Best Ball Golf Tournament
 Saturday, July 22 at 10:00 am
 Castlewood Golf Course
 More details to follow



CELEBRATING

101



Mayor Don Zafft visits with Arnold. The mayor presented the three residents celebrating birthdays with a gift.



Evelyn DeVine, Cecil Wiarda, and Arnold Johnson celebrated their 101st birthdays on April 11, the 101st day of the year. It was day enjoyed by their families and the community. The story was seen on KELO-Land TV where it can still be found on their website. More pictures from the day can also be found on our Facebook page.



HGTV Episodes at ENCC



**Original
Flooring,
Windows
Replaced**

Estelline Nursing and Care Center has undergone a makeover this winter good enough to be on the HGTV channel! Vinyl laminate flooring has been placed over the original flooring in the living and dining rooms, east lounge, rehab room, staff development office, and the main hallways. Future plans call for the residents rooms to be upgraded as well. The original windows are also being replaced with Low-E windows that help reflect heat and improve windows' thermal performance, lower heating and cooling costs, and allow natural light inside. It's exciting to see the improvements being made to our home.

Waffles Warm Up January



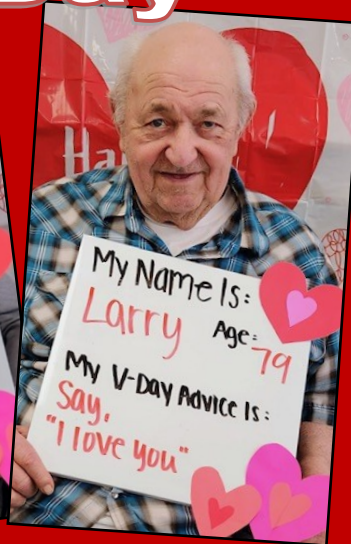
Staff and residents love the waffle bar with all the trimmings on special days. Not only do waffles come with assorted fruit toppings, but whipped cream and sides of scrambled eggs, bacon, and sausage. Can you tell we all like to eat comfort food at ENCC? Our dietary department spoils us with delicious, home-cooked meals. Making the waffles and serving were Sherry, Jason, Laura, and Vicki.



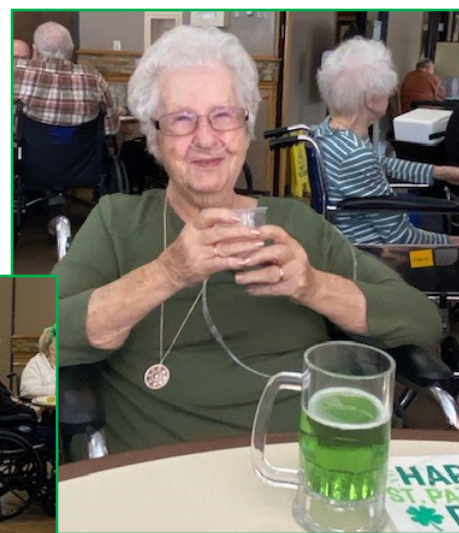
Ronnie Jefferis, Jack Sutton, and Omie Joe love everything on their waffles. Kodi Rust helps serve.



Valentines Day Advice is Good Advice for Any Day



O'Estelline Pub opens on St. Patrick's Day



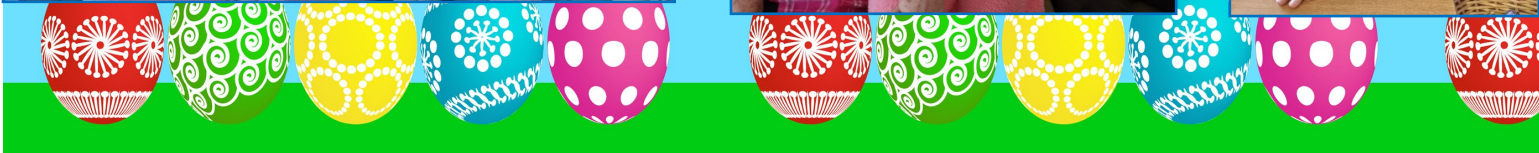
Happy Hour is a new activity we are enjoying at ENCC. Whether it's beer, wine, soda, or something fizzy with cheese and crackers, it's enjoyable to relax and shoot the breeze with each other. Clockwise from top left: Gene O'Nelson, Helen O'Johnson, Joyes O'Gorder, Lynne O'Nygaard, Charlotte O'Zafft, Glen O'TeKrony, John O'Peterson, and Carole O'Weinrich enjoyed some green beverages and all things Irish from games to corned beef and cabbage on St. Patrick's Day.

SDSU & THE BUNNY



Nursing students from South Dakota State University tell us they enjoy their long term care nursing rotation at ENCC and we enjoy all of the groups that come through our facility. This summer we will have five Lake Area Technical College LPN students doing their preceptorships with five of our nurses. We feel this is an excellent collaboration of skills and knowledge for both the care center and the schools. This group of SDSU students planned an Easter egg activity with the residents on their last day at ENCC.

We were also lucky enough to have the Easter Bunny (former C.N.A. Keeley Thompson) hop in to say hello one day. Clockwise from left, Carole Weinrich, Ronnie Jefferis, Don and Shirley Linneman, Sharon and Gordie Ribstein, and Viv Greenfield.



Generations of Love



Cecil Wiarda shares a special bond with his great-granddaughter, Brooklyn.

If you would like to share a picture you take on a visit to ENCC, please email to the Care Center at encc@itctel.com.

Therapy, Rehab at ENCC

When a person gets injured or has a prolonged illness, doctors often recommend therapy. When you come to ENCC for a rehab stay, we are able to provide you with the best therapists available.

Physical therapy can restore or increase strength, range of motion, flexibility, coordination, and endurance, as well as reduce pain. Other important roles are to retrain the person to do everyday tasks, maintain function, and prevent falls. Balance is another issue with older people. It requires many systems in the body -- nutrition, oxygenation of blood, muscle strength, joint receptors, vision, inner ear. Physical therapy can tune up all of these areas.

Although many people often think of “occupation” as work or a job, occupation can mean any activity a person engages in. This can include self-care, play and leisure activities, and work. An occupational therapist can go on to specialize in particular treatment areas, such as hand therapy and lymphedema management.

Many people do not understand how occupational therapy differs from physical therapy. The primary difference is that the occupational therapist assesses the patient’s ability to perform his daily activities and the physical therapist focuses on improving mobility. When a physical therapist treats a person with a hip fracture his goal may be for the patient to walk and use the stairs. An occupational therapist, on the other hand, may recommend bathtub grab bars and a raised toilet seat to increase safety and independence during self-care.

A speech-language pathologist, sometimes called a speech therapist, works with a full range of communication disorders. They can evaluate, diagnose, and treat speech, language, cognitive-communication and swallowing disorders. In the long term care setting, they are often called upon to assess swallowing after a stroke, head injury or weakness has lead to coughing while eating or drinking. A speech therapist may recommend an altered diet to make swallowing easier and safer. A speech therapist may also be involved with patient care if increased confusion, or difficulty finding words, impacts an individual’s ability to get his or her needs met.



Megan Kuipers, PTA ~ Associate’s Degree in Physical Therapist Assistant, Lake Area Technical Institute

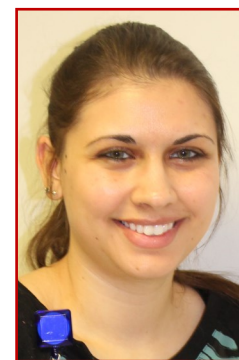
Hunter Anshutz, BS in Health, Physical Education and Recreation from SDSU in 2013; Doctor of Physical Therapy (DPT) from Jamestown University in 2016

Tyler Rowland, OTR/L, Occupational Therapy Doctorate from the University of South Dakota in 2019 (pictured at right)



Heather Lauseng, COTA/L ~ Associate’s Degree in Occupational Therapy Assistant, Lake Area Technical Institute

Michelle Stark, OTR/L MLD/CDT ~ Manual Lymph Drainage (MLD) and Complete Decongestive Therapy (CDT) MS in Occupational Therapy, USD



“I thank you for being one of the people who brought me back to life.”

Lindsey Bothwell (left) and Jennifer Klinkhammer (right, both earned bachelor’s degrees in Communication Sciences and Disorders from USD, Masters in Speech-Language Pathology from USD, and are certified in Neuromuscular electrical stimulation therapy via VitalStim. Lindsey is also certified in LOUD Lee Silverman Voice Treatment.

