

Winona Health CONNECTIONS

WINONA HEALTH | LAKE WINONA MANOR | MARCH 2023



Blooms and smiles!

Each of our residents received a rose on Valentine's Day. Lake Winona Manor Administrator Linda Atkinson's sweet idea blossomed with the help of her team of flower-delivering caregivers.

Family Council: Be a part of our residents' team



You and your family are invited to organize and participate in resident groups. Your family has the right to meet privately at Lake Winona Manor with the families of other residents. We will listen to your views concerning proposed policy and operational decisions affecting resident care and life and act upon the feedback and recommendations of our residents and families. If you wish to participate in a family council, please contact Paul Forester at

507.457.4428 or Jennifer Schultz at 507.474.3312. We welcome your thoughts and ideas!

Guest Meals



Beginning March 1, 2023, if you wish to purchase a guest meal while visiting your family member, the cost for the meal will be \$10. If possible, please let one of our caregivers at least 4 hours in advance know if you wish to order a tray and pay the dietary staff at meal time. Also, please remember that guests must eat in our resident's room or in a separate lounge area. If you don't know where those are, please let us know!

Caring for our residents who have cognitive impairments

Although not considered a normal part of aging, cognitive impairments like Alzheimer's disease or dementia are often what bring residents into long-term care. All of our Lake Winona Manor caregivers (all staff) receive dementia training when they are hired and annually to ensure we provide the highest level of care for our residents. Training includes how to reduce and manage behavior and anxiety symptoms, helpful actions to remedy sundown syndrome, and effective communication techniques. If you have questions, please let us know. For more information about memory care, visit www.winonahealth.org.



Friendly Reminder: Watch for new Medicare Cards

New Medicare Cards are being sent through mail. Please stop by the business office with the new card or a copy of the card so we can keep a copy on file. Samples of the new cards are below.



If you have questions, please contact Kelly Mosher in Patient Accounts at 507.457.4406 or email at kmosher@winonahealth.org

March is National Nutrition Month

Here are a few ways to remember to eat to maintain or improve your health! If you have questions about your food or nutrition, please contact Cindy Boland at cboland@winonahealth.org or 507.474.4512.

Also, please note that the Lakeside Café on the hospital first floor is open to everyone! It's a nice place to get a healthy meal at a great price. The Lakeside Café is close to the Winona Health Volunteers Glady D. Miller Gift shop and it overlooks the beautiful Robinson Healing Garden.

6 Ways to Eat Well As You Get Older

- Know what a healthy plate looks like**
See how to build a healthy plate at ChooseMyPlate.gov
- Look for important nutrients**
Eat enough protein, fruits and vegetables, whole grains, low-fat dairy, and Vitamin D.
- Read nutrition labels**
Be a smart shopper! Find items that are lower in fat, added sugars, and sodium.
- Use recommended servings**
Learn the recommended daily servings for adults aged 60+ at heart.org
- Stay hydrated**
Water is an important nutrient too! Drink fluids consistently throughout the day.
- Stretch your food budget**
Get help paying for healthy food at BenefitsCheckUp.org/getSNAP

ncoa
National Council on Aging