From Cheryl’s Desk

Thank you to our residents and families for being patient with our visitor restrictions to help reduce the risk of exposure to influenza. It is hard to make changes and give up things we enjoy, but we know it’s worth all efforts to do what we can to keep ourselves and our family, friends and neighbors healthy. Even beyond visitor restrictions we ask residents, family and staff to take preventative action every day to prevent the spread of germs. While you may know these things, it is worth the effort to continue to educate each other on the following preventative actions we can all do:

- Try to avoid close contact with sick people.
- If you are sick with flu-like illness, we follow the Center for Disease Control recommendations to stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone without the use of a fever-reducing medicine.) We will bring meals to the resident during this time at no additional charge.
- While sick, limit contact with others as much as possible to keep from infecting them.
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose and mouth. Germs spread this way.
- Clean and disinfect surfaces and objects that may be contaminated with germs like the flu.

We hope February brings everyone great health, abundant amounts of “love”, and a groundhog that does not see his shadow. "Surely as cometh the Winter, I know there are Spring violets under the snow."
- R. H. Newell

Cheryl

Protect yourself and others from the “Flu”

How does the Influenza Spread:
- When a person with the flu coughs or sneezes
- Touching something with the flu viruses on it and then touching your eyes, nose, or mouth.

What can I do to protect myself from getting sick?
- Cover your nose and mouth with a tissue every times you cough or sneeze. Throw the used tissue in the waste basket.
- If you don’t have a tissue, sneeze or cough into your sleeve.
- Clean your hands often with soap and water or an alcohol based hand cleaner.
- Avoid touching you eyes, nose or mouth.
- Avoid close contact with people who are sick, if possible.
- Stay healthy: eat nutritious foods, get enough sleep and exercise.
- If you don’t feel well, stay in your room and alert the nurse.

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Cold Weather Fall Prevention

Monthly Tip

1. Wear shoes with good traction.
2. Dress warm. If you’re warm, your muscles will stay relaxed. Tense muscles can adversely affect your balance.
3. Don’t take shortcuts. Stay on cleared sidewalks and paths, and don’t walk between parked cars. Remember that grassy slopes can be slippery as snowy steps.
4. Take extra time. Don’t rush. Take short steps with your toes pointed slightly outward to maintain a stable base of support.
5. Pay attention. Stay aware of the surfaces ahead of you. Look down with your eyes only. If you move your head downward, you may shift your balance.
6. Be careful getting out of your car. Plant both feet firmly on the ground before moving. Steady yourself on the door frame until you have your balance.
7. When walking in the dark or in shadowy areas, stay alert for black ice. It is treacherous and extremely slippery.

Memory Care Life Enrichment

Family & Friends
You’re Invited

Valentine Tea Party

Sunday, February 10
2:00 pm in both homes
Refreshments & Desserts will be served.

Gratitude

Unlocks the fullness of life. It turns what we have into enough, and more it turns denial into acceptance, chaos into order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend. Gratitude makes sense of our past, brings peace for today, and creates a vision for

Valentines Day Celebration

Join us on Thurs. February 14, 10:00 am, as we are treated to the talents of concert pianist “Basia Vander Zanden,” as she plays “Love songs” on the Grand Piano in the Great Hall.

At 2:00 pm we will celebrate the day with a party in the Great Hall and listen to the music of Sue Degallier as she presents her Magical Love Moments Program. This is open to residents and guests to enjoy this romantic holiday.

Edible Tid Bits

Special Events from Watkins Dining Services

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Thurs.</td>
<td>Theme Day (Valentines Day)</td>
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<tr>
<td>Tues.</td>
<td>Eat In— to be announced</td>
</tr>
<tr>
<td>Tues.</td>
<td>Made to order Omelets, Fried Eggs and Bloedows</td>
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To view past publications of our newsletter, please visit our website at winonahealth.org and click on “Publications”.
Watkins Manor Residents

Left: St Michaels Lutheran Church from Fountain City, Brass Band performed over the Holidays.

Right: Congratulations Anita! You are the WAT’s Exercise winner for January!

Left: Fantastic turn out for the January Wellness presentation on Depression, by Lois Taylor, RN. From Watkins Assisted Living.

Left-Right-Top Right: The January Eat-In was fabulous! Beef Tenderloin with sour cream/horseradish mashed potatoes, cooked veg. were served. Thank You Justin and cooks for this delicious meal!

Lower Right: Congratulations Margaret! On your winnings at playing bingo.

Lower Right: Congratulations Lila from Food Services Dept. on your retirement! Enjoy your new freedom and chapter in life. We will still see Lila on occasion as she is working Casual on Call.

Watkins Manor resident E-mail: wattherapy@winonahealth.org. E-mail your loved one, and Nola will deliver it personally to them!
AMM/RMM Memory Care Residents

Top: Happy Birthday Iris, Iris’s family put on a wonderful birthday party for everyone to join in.

Above: Service Line students are playing a game with the residents.

Left: Jean and Arlene sharing an afternoon snack and conversation.

Right: In Loving Memory of Dorothy Ahearn, 1912 to 2013.

Winona Health is proud of its 113-year tradition of serving the healthcare needs of the Winona regional community.

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Winona Health’s assisted living offers apartment-style living at Watkins Manor and specialized memory care at Adith Miller Manor and Roger Metz Manor.

We apologize that there are only a few pictures this month. Due to the visitor restrictions because of the flu season, we haven’t had many activities or traveled to Watkins A.L. for music.