

## Connections

Lake Winona Manor  
Monthly Newsletter

January 2015



It is that time of year where we begin to see cases of influenza and we want to keep protecting the people who live here. Please follow these guidelines as this is the residents' home and we want to do what we can to keep them safe. If you have influenza, you can be contagious up to 24 hours before you develop symptoms and up to 5 to 7 days after symptoms appear. Influenza is considered a respiratory illness with symptoms such as: fever of 100 degrees or higher (but not everyone with influenza will develop a fever), cough or sore throat, runny or stuffy nose, headaches and/or body aches, chills or fatigue. What we consider the "stomach flu" with symptoms of nausea, vomiting and diarrhea is not influenza.

In addition, Winona Health encourages individuals to adopt these simple practices to help limit the spread of the flu virus:

- **Cover your mouth and nose with a tissue** when coughing or sneezing. Then throw the tissue away. If a tissue is not available, cough or sneeze into your elbow or upper sleeve rather than into your hands.
- **Wash your hands often with soap and water**, especially after you cough or sneeze. If you are not near water, use an alcohol-based hand cleaner.
- **Avoid touching your eyes, nose and mouth.** Germs are often spread when a person touches something that is contaminated and then touches his or her eyes, nose, or mouth.

If you have symptoms or think you may have been exposed to influenza, we ask that you wait to visit Lake Winona Manor until you are feeling better.

Thank you for your cooperation in keeping our Lake Winona Manor family safe.

### Announcements

- If you received new clothes for holiday gifts, please remember to have them labeled. You can put them in a bag with your residents name on them and give them to a staff person and we'd be happy to label them.
- The Alzheimer's support group will meet January 14 from 6-7p.m. in the Parkview conference room at Winona Health. This is an open forum to discuss any topic. If you have any questions, please contact Cheryl Krage at 494-7496. In the event of bad weather, please listen to any Winona Radio station for cancellation updates or call Winona Health at 507.454.3650.

Important  
DATE!

**Kairos Alive!  
Dance Hall**

**Thursday,  
January 29, 6:30 p.m.  
Winona Health Clinic  
Lobby. Please join us!**



### Business Office News

- The Business Office needs your help! If you have any insurance changes now or in the future, please drop off a card copy or give a call with the new information. You can leave it in the box next to our door or call 507-457-4355. Knowing this information helps to avoid possibly billing you for denied charges from a cancelled policy.
- Attention: Medical Assistance Recipients: Please remember to turn in your Social Security and pension amount changes to your county case worker. They need this information to accurately calculate your monthly spend down.

Thank you,  
Business Office staff

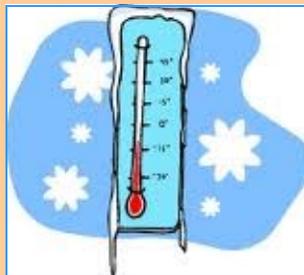
### Under Construction

We are happy to announce that shortly after the new year, (dates will be announced when confirmed), construction will begin to remodel the **LWM Beauty Shop**. In order to give the beauty shop a much anticipated face-lift, services will be moved temporarily to an area across the hall from the current beauty shop. We anticipate the project to take about 30 days to complete. We apologize for any inconvenience during this time, but we are excited about the upcoming changes.



### Resident Community Outing Reminder:

For the safety of our residents and due to the cold weather putting a strain on the wheelchair van lift, our standard of practice is to cancel any outings when the temperature is 20 degrees or colder. If possible, we will reschedule the event. If you have any questions or concerns, please contact the Therapeutic Recreation Department. Thank you for your understanding.



#### January Outings

- January 13: Shopping at Walmart
- January 21: Supper club to Ground Round
- January 27: Lunch at Timbers

#### January Eat-Ins

- January 8: Liver and Onions
- January 15: Potato pancake
- January 21/22: Fish Fry
- January 29: Hunan Chinese

