



Fall 2020 Newsletter

Richard Regner, Administrator



Greetings, when I signed off on the Spring 2020 newsletter, I thought the Covid-19 virus would be behind us and things would be back to somewhat normal. Well things have not returned to pre-Covid-19 normal and we are still dealing with the pandemic. We are taking things in stride, and doing whatever is best to protect our residents and staff. The employees of NCC have done an amazing job at taking care of our residents during this difficult time. Thank you to all NCC employees, you are the best!

Covid-19 has affected all of us in one way or another and has interrupted our normal daily activities. Nearly all large group activities or anything that involves large gatherings of people like concerts, ball games, etc. were cancelled due to the threat of the spread of Covid-19.

Locally, we saw annual meetings of various organizations having to be cancelled due to the pandemic and the threat of the spread of Covid-19. With that in mind, we will follow suit and cancel our annual meeting this year. The annual meeting of NCC covers many different areas of what has happened in the past year. Some of the things that I address at the meeting are financial stability of the corporation, occupancy rates in the past year, staffing changes and issues, as well as what the future holds in store for NCC. I really enjoy getting the opportunity to review everything that has happened in our facility in the past year. This also provides the members a chance to ask questions or comment on the topics that I go over at the meeting or any other concerns one may have. Unfortunately, this will not happen this year and we will look forward to next year.

Another very important event that takes place at our annual meeting is the election of board members. The NCC board of directors is a group of seven members who are supportive of the agendas that are presented to them on a monthly basis and at times difficult decisions need to be made. The board members do a very good job and they understand the needs and financial workings of the care center very well. Their commitment to NCC is invaluable and I appreciate all of them very much.

This year we have two board members whose terms are expiring. Since we are not able to conduct an election in person, we will be doing a mail in ballot. Ballots will be sent to all lifetime members with the names of the candidates on the ballot. Please vote for only two names. Each ballot will be sent with a stamped return envelope so it will not cost members any postage to return the ballot to us. I am hopeful that next year we will be able to have an annual meeting that can be attended by the public.

In closing, I want to thank the community and family members for all the support that they have shown towards our facility during this pandemic. Your kind words, thoughts, or action are greatly appreciated and will not be forgotten.

Until next time, Thank you and God Bless!





COVID Restrictions-The New Normal of Long Term Care



Melissa Glatt RN, DON

When COVID-19 was first spoken of, I think a lot of people including myself were very naïve of how this virus was going to change our way of life. I appreciate that we had time in Logan County to prepare for our residents to possibly become ill. We have supplies and an isolation room for when it is needed. We have been deeply blessed to have been resident COVID free so far. I am asked frequently from staff, residents, families, and assisted living tenants, “when will things be normal?” I believe this is the “new normal” for a while. I, like all of you, hope it will end sooner than later, but I do believe it will be months down the road, possibly more than a year. We are doing the best we can every day to keep your resident safe and we hope everyone stays healthy. Restrictions are in place for the best interest of your family and our staff. We understand it is not the same as February 2020 when you could just pick up, jump in a car and drive to our facility to visit your loved one. It now takes planning. We have scheduled patio visits, visitors have to be screened for signs and symptoms of COVID, and both the resident and visitors wear masks. We also have window visits, those also require both the visitor and resident to wear masks during the time of their visit. If you are scheduled for a visit, and you develop any signs or symptoms of COVID-19, please call and reschedule. The only way to prevent the illness with our residents is for them to not be exposed to it. Once it is in a building it is very difficult to control the spread.

Environmental Services Update

Bernie Nord, Housekeeping/Laundry Supervisor



Hello from Environmental Services!

It goes without saying that this year has brought about some new challenges and changes in our everyday lives within the home as well as within the workplace. Change is typically something most people don't look forward to, but not all change has to be negative. There have been some positive changes within Environmental Services where I would like to express my gratitude.

We were fortunate to hire two young ladies that were home from college from March through August. Abby and Hailey were a bright edition to housekeeping with their positive attitudes and strong work ethics.

Mary and Jess also filled in whenever extra help was needed during these past few months. They always did a great job and we are lucky to have them on our staff.

Another wonderful addition came our way at the beginning of August. Becky is working a part time position and has already proven a valuable asset to our housekeeping team.

In September, we welcomed MyKira as another full time housekeeper.

Connie has been with us for a couple years and does a fantastic job as being the housekeeping team leader. She not only does her job extremely well, but tends to go above and beyond to help out her coworkers and residents whenever possible.

Thank you to my housekeeping staff! I appreciate all that you do day in and day out to keep our center the best it can be for our great residents. Hope you all have a happy fall!



MAKING A DIFFERENCE

Social Services

In this time of COVID-19 and the suffering of so many people with illness, tropical storms, wild fires, and other harmful events, it sometimes feels like “What is happening and is there anything that anybody can do to make a difference.” There are people who are doing so many good and positive things in our world but we seem to hear too much about the negative and harmful things and not enough about those positive things that are occurring. We begin to feel sad, anxious, and overwhelmed. When this happens to me, I like to remember “The Starfish Story” by Loren Eiseley. It never fails to make me feel a bit better and to try and make a difference in just one person’s day. Let me share the story with you.

The Starfish Story

One day a man was walking along the beach when he noticed a boy picking something up and gently throwing it into the ocean. Approaching the boy, he asked, “What are you doing?” The youth replied, “Throwing starfish back into the ocean. The surf is up and the tide is going out. If I don’t throw them back, they’ll die.” “Son,” the man said, “Don’t you realize there are miles and miles of beach and hundreds of starfish? You can’t make a difference!” After listening politely, the boy bent down, picked up another starfish, and threw it back into the surf. Then, smiling at the man, he said, “I made a difference to that one.”



We can all make a difference in someone’s day. It doesn’t have to be a big, grand gesture or event. A difference can be made with a smile, a kind word, listening like you really want to hear what someone has to say, holding a door open for someone, or letting somebody go ahead of you in line. These are some really simple gestures that can make someone else feel good and it will make you feel good in return. At this time of COVID-19, social distancing, and not being able to be with our family and friends like we would like to, we could all use someone making a small, positive difference in our day and we, in turn, can make a positive difference in someone else’s day!

6 Foods for a Healthy Immune System

Stacy Kleppe, Dietary Manager

With cold and flu season approaching as well as Covid-19 a concern here are a few healthy immune booster foods to add into your diet.

1. Ginger

Ginger is great for the immune system thanks to its high antioxidant content.



2. Beets

Beets have some amazing health benefits -- one of which is improving gut health. A healthy gut often translates to a healthy immune system. Beets make your stomach happy because they're a high fiber food, which is excellent for your digestion. Fiber helps you stay regular, feeds healthy gut bacteria, and keeps digestive illnesses like inflammatory bowel disease and diverticulitis at bay.



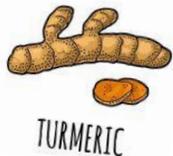
3. Garlic

Garlic has been used to help colds for centuries -- but it's not just an old wife's tale. There's science at work here! Garlic contains compounds called alliin, which are shown to boost immunity and reduce inflammation.



4. Turmeric

Turmeric isn't just great for inflammation; it can help your immune system thrive, too! Curcumin, the compound in turmeric that makes your curry yellow, also seems to activate T cells and other pathogen-fighting cells in the body, which helps you fend off illness easier.



5. Mushrooms

Mushrooms are a superstar when it comes to boosting your immune system. They're high in Vitamin D (which activates the immune system response and helps T cells do their job of warding off infection). They've also got beta-glucans, which have been shown to activate killer cell function -- again, to help you ward off illness.



6. Oatmeal

When it comes to your health, you can't go wrong with oatmeal. Oats are great for weight loss, cardiovascular health, cancer prevention, and digestion, among many things. They're loaded with fiber and oats also have zinc, an important nutrient for your immune system because it helps T cells and natural killer cells function correctly.





Plant-Based Healing Soup Recipe

Prep Time: 10 minutes

Cook Time: 1 hour

Servings: 6

Ingredients:

7 cups low sodium veggie broth

1 onion, diced

3 cloves garlic, minced

2 stalks of celery, diced

1 large carrot, diced

1 can of garbanzo beans, drained and rinsed

1 tsp basil

1 tsp thyme

1 tsp oregano

1 tsp black pepper

1 tsp coriander

1 TBS turmeric

1 TBS parsley

2 TBS lemon juice

1 can of coconut milk

Instructions:

1. Sauté onions in a few tbs of veggie broth for 8 minutes (or until translucent).
2. Add garlic (and additional veggie broth if need be) and cook for 2 minutes.
3. Add carrots and celery and cook for 5 minutes.
4. Add garbanzo beans, spices, and 4 cups of veggie broth, simmer for 10 minutes.
5. Add 2 more cups of veggie broth, rice, lemon and coconut milk. Cook until rice is soft (about 30 minutes).
6. Enjoy!



Healing Winter Soup

Nutrition Facts	
Serving Size: 6 (0.0g)	
Servings Per Container: 6	
Amount Per Serving	
Calories 260	Calories from Fat 130
% Daily Value*	
Total Fat 14g	22%
Saturated Fat 11g	55%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 250mg	10%
Total Carbohydrate 30g	10%
Dietary Fiber 7g	28%
Sugars 8g	
Protein 8g	
Vitamin A 40%	Vitamin C 10%
Calcium 8%	Iron 25%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g



Keeping in Contact

Teresa Cowan, Activities Supervisor

Napoleon Care Center strives to keep our residents in contact with their family. During these difficult times, guidelines can vary daily. It is important to contact the Activity Department to schedule visits with residents. Please remember our number one goal is to keep your loved one safe through this challenging time. Some guidelines are as follows:

1. All visitors are required to wear a mask
2. Inside and Patio Visitors will be screened
3. Hand sanitizer is used
4. Out of State visitors will be required to provide proof of a negative COVID test within 7 days prior to visit
5. Visits are scheduled in 30 minute slots at various times

In addition, we are continuing to utilize various ways of communication to stay in touch:

Video Calls- Call (701) 754-4443 to schedule

Android phone users-download Google Duo

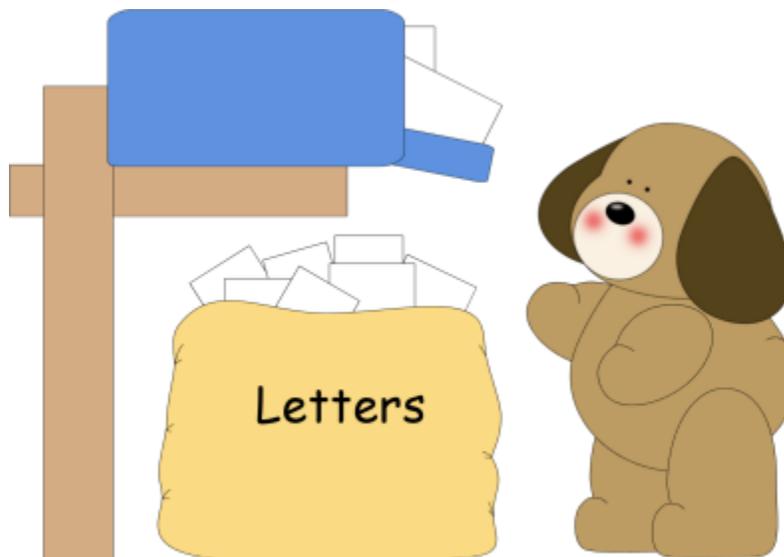
Apple phone user- Facetime



Email – nccresidents@bektel.com

Phone calls – 754-2225 (Resident line)

Postal Service: Resident Name
C/O Napoleon Care Center
PO Box 90
Napoleon, ND 58561



Donations for Napoleon Care Center & Napoleon Congregate/Assisted Living

THANK YOU for your generous contributions from April 18, 2020 through September 17, 2020.

In Memory of: Mary Anne Bitz

By: Robert & Helen Dauenhauer
Larry & Ann Knecht

In Memory of: Rose Doll

By: Rose Doll Family

In Memory of: Eugene Horn

By: Larry & Ann Knecht

In Memory of: John K Johnson

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Ed & Jen Weigel
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Ken & Susan Weigel
Larry & Ann Knecht
Marvin & Jean Lang
Mary Beth Schumacher
Napoleon Volunteer Fireman
Robert & Iris Hammond
Rose Geffre
Twyla Zimmerman

In Memory of: Phyllis Johnson

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Jerome & Christine Schwartzberger

In Memory of: Marcella Leier

By: Andy & Lorraine Piatz
Jerome & Christine Schwartzberger

In Memory of: Julie Moszer

By: Gerald & Alice Regner
Rick & Maria Regner

In Memory of: Frank Puklich

By: Larry & Ann Knecht

In Memory of: Pete & Rose Reis

By: Twyla Zimmerman

In Memory of: Pete Reis

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Sheila Edwards
Chuck & Sue Wald
Teresa Dodds
Tony & Alvera (Reis) Leier
Vernon Olrick

In Memory of: Betty Schumacher

By: Larry & Ann Knecht

In Memory of: Elizabeth Schumacher

By: Pat & Julie Becker
James & Charlotte Glatt
Marion Piatz
Dennis & Claudia Schulz

In Memory of: Betty Sperle

By: Dennis & Sharleen Sperle
Jane Schneider
Jerome & Christine Schwartzberger
John & Sally Johs
Larry & Ann Knecht
Marion Piatz
Randy & Coleen Piatz
Ron Kerzman
Sally Schneider
Sarah Lundeen
Stephanie & Larry Holt
Chuck & Sue Wald
Twyla Zimmerman
VIP Ladies Singing Group

In Memory of: Alois Weigel

By: James & Charlotte Glatt
Eunice Nelson
Vernon Olrick
Twyla Zimmerman
Larry & Ann Knecht

In Honor of all Nurses:

By: Larry & Ann Knecht

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Mary Beth Schumacher
Stock Growers Bank

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Chris & Jean Hansen
Marcella Lang

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Chris & Jean Hansen
Tom & Tina Packer
John K & Edna Johnson – PPE Equipment
Roberta Sanchez



**Napoleon Care Center
Welcomes To Our Facility:**

John Bitz
Margie Bitz
Christine Gross
Leo Hoff
Selma Nord
Tabea Mueller

**To You We Say
“Welcome Home”**

**Napoleon Care Center
Fondly Remembers:**

Forrest Eberl
Eugene Horn
Pete Reis
Elizabeth Schumacher
Alois Weigel

**To You We Say
“Till We Meet Again”**

