

# THE KNIFE RIVER CARE CENTER

## INFORMER

January 2021



**Knife River Care Center**  
 118 22nd Street NE  
 Beulah, ND 58523  
 Phone: 701-873-4322

### December Birthdays

#### **RESIDENT BIRTHDAYS**

\*\*\*\*\*

Paul Mueller	01/04
Esther Engel	01/04
John Wynn	01/08
Terry Hayter	01/11
Audrey Bethke	01/14

#### **STAFF BIRTHDAYS**

\*\*\*\*\*

Hannah Enger	01/07
Benson Ratemo	01/07
Michala Senn	01/07
Deb Fitterer	01/08
Venetia Wolf	01/09
Vivian Walker	01/11
Christie Kizer	01/17
Chelsea McDaniel	01/17
Tammy Ferderer	01/21
Sarah Bolton	01/23
Sadie Sebastian	01/23
Lona Moos	01/24
Tyler Tesky	01/25
Joelle Frederick	01/27
Shawn Morgan	01/29

### **THANK YOU!!**

We continue to thank and appreciate everyone for their patience, letters, phone calls, gifts, showering of love and support during the COVID-19 pandemic. These do not go unnoticed!

~KRCC Residents & Staff



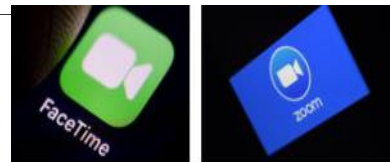
### **Board of Directors**

President .....	Darrold Bertsch
Vice President.....	Dena Kemmet
Secretary.....	Bruce Mohl
Bonnie Krause	Gary Emter
Leanne Stiefel	Bonnie Knell

### **Management of the Home**

Administrator .....	Blake Kragnes
Director of Nursing.....	Kyla Sanders
Interim Human Resources.....	Jocelyn Bertsch
Safety Manager...	
Business Office Manager	Anna Wiest
.....	Krista Baytosh
Activity Director.....	Cheree Tesky
Dietary Director.....	Dawn Ziegler
Dietitian.....	Hanna Duben
Director Of Social Service.....	Jessica Schulz
.....	Dannette Huber
Occupational Therapy .....	Rick Boehm
.....	Donise Crews
Physical Therapy.....	Housekeeping/ Laundry Supervisor.....
Pharmacist.....	Kristen Stiefel
Maintenance Supervisor...	Marketing / Foundation Coordinator.....
Housekeeping/ Laundry Supervisor.....	Cristy Just

\*During this time the activity department will be holding 1:1 visits, video chats, phone calls and small group hallway activities. Please contact the activity department if you would like to schedule a video chat.\*  
**(701) 873-3274**





**“Thursday January 7th at 8:30 am Thrifty White Pharmacy will be here to assist the KRCC nursing team administer the COVID-19 vaccine, Pfizer, to staff and residents. On Thursday January 28th Thrifty White Pharmacy will be back here to administer the booster dose.**

**We are hopeful that this safe and effective vaccine is the light at the end of our tunnel.”**

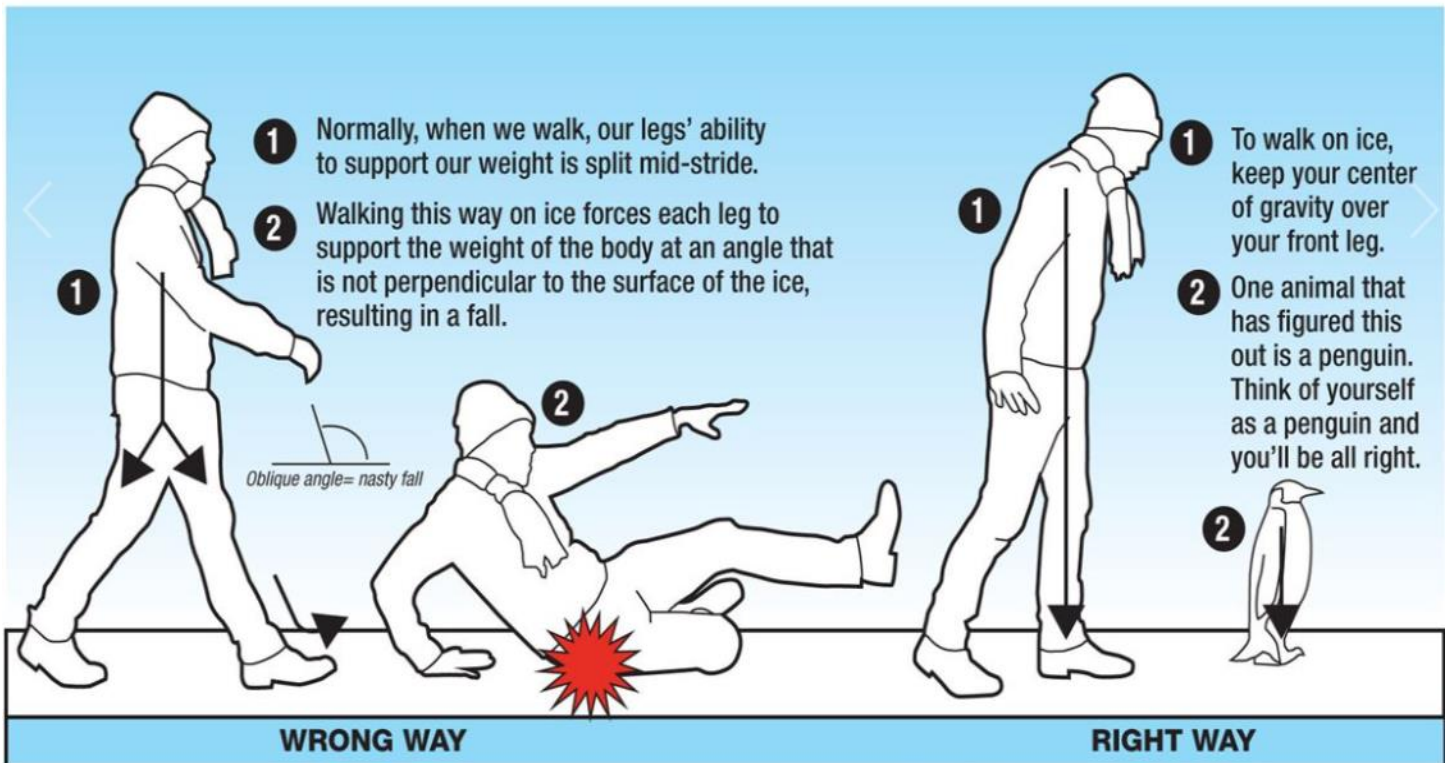
**-Sadie Sebastian, RN-BSN  
Infection Control**

# WINTER IS HERE



## How to walk on ice

The cold winter weather and its subzero temperatures create hazardous driving and walking conditions. For those who are trying to avoid slipping and falling, the Toledo-Lucas County Health Department has provided these suggestions on how to walk on ice.



# WINTER HEALTH SAFETY



Frostbite injures the skin and other tissues. Nearly 10,000 people in the U.S. are affected each year. The nose, cheeks, lips, ears, hands and feet are most vulnerable. If skin is red, numb, hard or pale, seek medical attention to prevent infection and damage.



Shoveling snow can cause several health concerns, from muscle strains to heart attack. To remove snow safely, use an ergonomic shovel, warm up, keep up with the snow as it falls, push the snow instead of throwing it, take breaks, keep hydrated, and use legs if you must lift.



Falls contribute to 40% of brain injuries— more than any other factor. Navigate icy sidewalks and parking lots by keeping arms free, wearing proper shoes and walking like a penguin with feet turned outward.



Wet clothing makes you feel even colder. If possible, change clothes if they get wet to prevent a loss of body heat. Also dress in layers, wear a hat, a scarf to cover your mouth, mittens, and outer wear with a wind-resistant material.

# January Communion Services



## \*Communion Services are cancelled for the month of January.\*

Catholic Mass and Rosary Service

~~~~~  
Peace Lutheran Communion

~~~~~  
St. Matthew's and  
Concordia Communion

~~~~~  
Trinity Lutheran and  
Prince of Peace Communion

~~~~~  
Zion Lutheran Communion

## January

January- now is here.  
A fine new start  
For a whole new year.

The snow comes down  
In the dark of night.  
When we awake,  
The world is white.

In January,  
When there's snow,  
We get our sleds  
And away we go.



# WE'VE GOT SOMETHING FOR YOU TO SEE... CHECK OUT KNIFE RIVER CARE CENTERS FACEBOOK PAGE:

[www.facebook.com/kniferivercarecenter](http://www.facebook.com/kniferivercarecenter)

## Passing's

\*\*\*\*\*

## Janella Hausauer

Campers: Do your part to stop COVID-19 in its tracks.

## DID YOU WASH YOUR HANDS?



### ASK YOURSELF:

Did I just go to the bathroom?

Am I about to eat?

Did I cough or sneeze?

Did I touch supplies, objects or  
equipment that other people  
have touched?

Did I touch any animals or pets?

Did I touch garbage?

If you can't wash your hands,  
ask your counselor or an adult  
for hand sanitizer.



[cdc.gov/coronavirus](http://cdc.gov/coronavirus)