

January 2026

# Tuff Memorial Home

505 East 4<sup>th</sup> Street | Hill, Minnesota | 507-962-3275 |



## **Resident Birthdays**

Marilyn Sw.	Jan. 4 <sup>th</sup>
Betty L.	Jan. 8 <sup>th</sup>
Tootie J.	Jan. 14 <sup>th</sup>

## **Staff Birthdays**

Judy D.	Jan. 3 <sup>rd</sup>
Carey T.	Jan. 7 <sup>th</sup>
Elvia L.	Jan. 22 <sup>nd</sup>
Dennis B.	Jan. 30 <sup>th</sup>

## **Staff Anniversaries**

Nella H.	1 year
WinnaFred S.	1 year
Emily B.	7 years
Jane B.	7 years
Jocelyn J.	9 years
Val L.	10 years
Sandy B.	17 years
Glenda M.	50 years

## **New Residents**

NA

## **We Remember**

NA

This year we are excited to show off our new updated monthly newsletter and activity calendar layout. New things you'll find are wisdom/advice/classic tales from the past from different residents each month called Tuff Time Travel. The therapy company we contract with called Blue Stone Therapy, based out of Sioux Falls, will give tips and wellness advice each month. We'll continue to post pictures of residents, share fun recipes, feature employee of the month, share the pastor's page, share the highlighted activities for each month and other various monthly tid-bids we add.

Family council will continue to take place on the first Thursday of every month at 5p.m. in the chapel. As a facility, we must provide a space for families to meet. Staff do not need to attend these meetings unless requested by the council because the purpose of the council is for families to organize and maintain their council. For questions, please contact Emily B. with social services.

January is National Thank You Month. We would like to give an enormous thank you to residents, families, friends, staff, the HBC community and surrounding communities for the endless support this past year. From the beautiful flower arrangements during nursing home week to the abundant supply of Halloween candy and everything in between, we feel so blessed in this little corner of the state. January 26-30<sup>th</sup> recognizes Activity Professionals Week with the theme of Beyond the Ordinary. Thank you to Jocelyn, Glenda, Morgan and Betty for enriching the lives of our residents. As we look into the new year, we hope you all have a happy and healthy 2026.

## Old Fashioned Stovetop Hot Chocolate

### Ingredients

- ½ cup granulated sugar
- 1/3 cup unsweetened cocoa powder
- 4.5 cups whole milk
- ½ tsp. vanilla extract
- Mini marshmallows
- Crushed Candy Cane (optional)



### Instructions

- In medium saucepan, combine the sugar, cocoa, and ½ cup of milk.
- Stir constantly over medium heat until hot chocolate mixture comes to a boil. Continue to stir constantly for 2 minutes.
- Remove from heat and add the remaining milk. Return to medium heat and stir in vanilla extract.
- Serve hot with mini marshmallows.
- Optional- Garnish with crushed candy canes on top.



Residents Allan B. (top), Euan H. (bottom left), and Betty L. (bottom right) decorating mini-Christmas trees.

## Tuff Time Travel

- “Remember the golden rule: Do unto others as you would have them do unto you.” -Kathryn E.
- “Do what ever you can with family before you can’t do anything anymore.” -Judy R.
- “Don’t lie.” – Betty L.
- “Get a dog or cat for your children.” – Joyce S.
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## Highlighted Activities for January

- January 7<sup>th</sup> – Tuff Country Store  
\*Suggestions from residents include notebooks or journals, hard candies and chocolates, body spray, hair headbands and makeup. Donations can be dropped off in the Life Enrichment Department.
- January 9<sup>th</sup> – Moosing Around
- January 14<sup>th</sup> – HBC 2<sup>nd</sup> Graders Activity
- January 23<sup>rd</sup> – Bake & Taste
- January 26<sup>th</sup> – 30<sup>th</sup> is Snow Week with fun themed days and new games to play.



## Pastor's Page

By Pastor Lori  
Bethlehem Lutheran Church of Hills, MN

"I am the Alpha and the Omega," Revelation 1:8 Which would you rather have? A beginning or an ending? If you chose beginning, you are one who looks forward to what lies ahead, you are readily drawn in for a new look or direction to take hold. If you chose ending, it means you enjoy overlooking the entire story to see if there moments you missed, or moments that are forgotten. It's hard to choose, a beginning or an ending. That is exactly where we are right now. We are poised at the ending of another year and soon a new year will dawn upon us.

What a year it has been, filled with new ideas, new possibilities, new things for us to try. It feels so long ago that this began and yet, we have barely covered the basics of what a church would or could be. It is good to reflect and consider all the things accomplished in a year, but it is also good to look forward trying to imagine what new possibilities could lie ahead. This is what the annual meeting is about. We look at the past and decide what could lie ahead. Looking back gives us the advantage of seeing what we could have done better or what we might have planned for, this information helps us as we plan the future. Just as the church year follows seasons and events, so too does the church. Some people do not like a plan, they fly by the seat of their pants. While this has some advantages, you are open to anything that comes along, it also has some disadvantages, you are never prepared! I like to live somewhere in the middle. Confident of what will happen, in the long run, but willing to take some side trips to see what could lie ahead. As God's people, we should never be afraid of what lies ahead because we know that God holds us. Whatever comes our way, we are in God's safe hands. It's an end, but it's also a beginning. As this new year begins, be willing to try new things, but also hang onto the old promises. Be open to new ideas, but rest firmly in God's grace. Be willing to say yes when asked and do not be afraid of where God is leading. God knows the beginning and the end of all our stories. May that assurance of God's daily presence help us as we journey through the year ahead.

## Tuff Family Council

Meetings will be held on the first Thursday of every month at 5p.m. located in the Tuff Chapel.

Thursday, January 1<sup>st</sup>

These meetings are designed for families to gather amongst themselves to discuss topics related to their loved ones in a safe space.



Pictures above is Greg K. and below is June W. during the resident Christmas party.



## Employee of the Month is: *Glenda M.*

Glenda will be celebrating her 50<sup>th</sup> anniversary here on January 15<sup>th</sup>. What an amazing milestone to have achieved and the continued care she gives to the residents. Currently she works in the Life Enrichment Department, but in her years, she has taken on other roles such as secretary, bookkeeper and social services. Spending time with the residents, listening to their stories and playing piano for sing a long are her favorite things about working at Tuff.

Her family consists of her late husband Sam, 2 daughters (Katie and Samantha), son in law Dustin and granddaughter Henley. Her 2 dogs Charlie and Quinn are always by her side. Favorite hobbies include playing piano and organ, spending time with her granddaughter, and reading. The Tuff Memorial Home holds a very special place in her heart because this is where she met her husband. He delivered paper here when she worked in the office. She shared another fun memory of when she and some coworkers-Judy DeNoble and Jeanne Hellerud portrayed the Oakridge Boys.



**Blue Stone**  
Therapy Wellness Tip

**48-50%**  
of people choose fitness  
as a New Years Resolution

### 5 Ways to Meet Your Resolution

- 1) Create small goals, begin with 30min of activity 3x a week
- 2) Find something you enjoy doing. Walking, running, biking, or snow shoeing
- 3) Find a buddy, Working out alone can lead to quicker burnout and friends can help you stay accountable to your goal
- 4) Expect bumps in the road, illness or loss of motivation can sneak in. Always remember any activity is better than none
- 5) Celebrate the big or small wins and the accomplishments to stay positive



### Department Heads

Administrator- Katie Kendall  
Executive Director- Jane Blank  
Director of Nursing- Dana Huisman  
Social Services Professional- Emily Baatz

Dietary Manager- Kelli Hellerud  
Life Enrichment Director- Jocelyn Jacoby  
Maintenance Supervisor- Ben Vander Poel  
Laundry & Housekeeping Supervisor- Judy DeNoble

*The Tuff Memorial Home is a Christian Home with a heart. In Christian Love, we provide heartfelt quality care to people in a way that contributes to their sense of dignity and self-worth.*