

February 2026

# Tuff Memorial Home

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



## Resident Birthdays

Kathryn E. Feb. 27<sup>th</sup>

## Staff Birthdays

Skylar V. Feb. 1<sup>st</sup>

Delson E. Feb. 20<sup>th</sup>

Jody D. Feb. 21

Barb E. Feb. 24<sup>th</sup>

Kelli H. Feb. 27<sup>th</sup>

Taylor G. Feb. 27<sup>th</sup>

## Staff Anniversaries

Karlie V. 1 year

Elyrose A. 2 years

Yobita P. 2 years

Avril S. 4 years

Olivia S. 4 years

Michele G. 11 years

## New Residents

Norbert F.

Jim B.

## We Remember

June Wika

Arlene Kooistra

The month of February celebrates National Caregiver Appreciation Day observed on February 20<sup>th</sup>. It is a time to recognize and honor the dedication, compassion, and hard work of caregivers—both professional caregivers and family members—who provide physical, emotional, and personal support every day. Caregiving is more than a role; it is an act of love, patience, and commitment. Whether helping with daily needs, offering comfort, advocating for loved ones, or simply being present, caregivers make a meaningful difference in the lives of those they support. We would like to take this opportunity to thank all of our families for the care, trust, and partnership you provide. Your involvement, encouragement, and continued support play a vital role in the well-being and happiness of our residents. To our professional caregiving team, your kindness, dedication, and compassion are truly appreciated every single day. We are grateful to walk this caregiving journey together.

We're happy to be nearing the end of flu season here, but we still ask all visitors to reconsider visiting if you are feeling unwell. In other exciting news, eight new staff members are enrolled in our in-house Certified Nursing Assistant (CNA) course. Previously, staff had to travel to Worthington or Jackson for their coursework and training. Our nurse, Tara W., will be teaching the course. Tara shared, "I'm looking forward to bring a more personable approach to teaching and to be more hands-on with staff."

A new project currently underway is our "Get to Know Me" sheets, which will be posted on the back of residents' bathroom doors by mid- February. With new staff getting to know our residents, these sheets will highlight residents' favorite things and share a bit about their backgrounds to help build more connections. We encourage family members to contribute by writing on these sheets so we can learn more about your loved ones.

## Residents Making Snowflakes for Snow Week



Top picture is Judy R., middle picture is employee Morgan K. with Lorraine O., bottom left picture is Ralph W. and bottom right picture is Jim B.

## Tuff Time Travel

*Residents were asked where they met their spouse, here are their responses:*

- “We met at college- GBSTC in Madison, SD. I was a nurse there.” – Pat L.
- “Through church near Peoria, Illinois.” – Jim M.
- “At the Reformed Church of Steen.” – Lucy V.W.
- “I came to Hills to teach; he ended up being my neighbor when I moved in. The congregation invited me to attend church and join the choir. Members of the church first introduced us- they thought we would be good together.” – Marj R.
- “We kind of grew up together, but after he came back from the service, I saw him at church then we walked out together- I also noticed his fancy car. His brother called a few days later and asked if I would go out with his brother.” – Marilyn N.
- “I met Wendell when I came to Hills to teach.” – Kathryn E.
- “I met Rollie through his daughter. We both lost our spouses to cancer, and we were able to have each other to talk to and grieve with.” – Karen M.



## Pastor's Page

By Pastor Lori  
Bethlehem Lutheran Church of Hills, MN

"The Lord is my light and my salvation, whom shall I fear?" -Psalm 27:1 These words are strong reminders to trust in God in the midst of everything going on in life. It reminds us that God is with us through everything we might face or go through in this life. It is reassurance that God is with us. Everyone of us has something in our lives that we have gone through that brings us closer to God. It might be a rough childhood, a diagnosis we were not prepared for, a death of someone we love, a fear of what the future holds. We all have fears in the back of our heads that make us think about God's presence with us. It's important to think about the fears we have because so many of them are situational. We are afraid of the weather, not much we can do about it, we have to take it as it comes. We are afraid for our health, perhaps if we chose better when it comes to eating and exercise we wouldn't worry so much. We are afraid of the end of life, but if we trust in God, although it will be hard to leave our loved ones behind, we know that life will be better after this life. As we enter the season of Lent, we are again faced with our humanity. Remember that we are dust and to dust we shall return. Our lives are book ended with God, but what we do in the middle is up to us. We can choose to be vindictive, angry, or contrary to all that happens to us, or we can choose to understand, accept and make the best of bad situations. That's not saying that there won't be times of great anger and finger pointing and blaming. But if we point those hard feelings at God, God can and does take them. God comforts us in the midst of our pain. God doesn't abandon us, or leave us to figure it out on our own. God's job is loving us, encouraging us, walking with us through the pain and fear of this life. Somedays that is what we most need, to know that God is near, hears our prayers and is with us. As we begin our Lenten pilgrimage, remember Psalm 27:1. It is a foundation to build upon.

Lenten Blessings, Pastor Lori

## Tuff Family Council

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

Thursday, February 4<sup>th</sup>

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



Residents playing Winter Minute To Win It games during Snow Week.

## Employees of the Month are: *Anna and Katie*

This month there were 2 outstanding employees that were deserving of employee of the month: Anna and Katie H. Anna works as a CNA and enjoys working with residents and her coworkers. Her family consists of her parents and brother. Her favorite hobbies include watching movies from these genres like Sci-Fi, Fantasy and Comedy. She also enjoys Folk and weird Jazz music. Her cats Awren (8) Casununda (5) are the loves of her life. She undertook coursework toward a double major in Music and Philosophy. Katie H. also works as a CNA and enjoys working with the residents and staff. Her family consists of her husband (Matt), son (Arlo,14), son (Nate,13), 2 cats (Anya and Cashel) and a dog named Sammy. Her favorite hobbies include reading, watching movies and TV, listening to music and spending time with her family.



Anna (left) and Katie (right)



**1 in 5**

heart attacks are silent –the damage is done but the person is not aware of it  
-CDC (Center for Disease Control & Prevention)

### 4 Ways to Strengthen your Heart

- 1) Brisk walking, Running, Cycling, Swimming can provide aerobic endurance. Your pace should allow you to still talk to others, but not sing.
- 2) Deep Breathing lowers heart strain and improves oxygen use. Simply breath through your nose and out through your mouth for a count of four.
- 3) Drink plenty of water, even mild dehydration can increase heart workload. In a day men should drink 15.5 cups and women should drink 11.5 cups (*Mayo Clinic*)
- 4) Get adequate rest of 7-9 hours of sleep. Rest can help decrease resting heart rate and blood pressure.



### 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.*