

March 2026

Tuff Memorial Home

505 East 4th Street | Hill, Minnesota | 507-962-3275 |



Resident Birthdays

Jim B. March 7th
Joyce S. March 17th

Staff Birthdays

Emma D. March 1st
Nella H. March 13th
Yahitsha P. March 15th
Allie K. March 30th
Kris R. March 30th

Staff Anniversaries

Emma D. 4 years

New Residents

Jo Ann Paulsen
Nancy Arndt

We Remember

NA

Celebrating Social Services Month

March is Social Services Month, a time to recognize the dedication, compassion and advocacy Emily brings to our residents and families each day. Her work often happens behind the scenes, but her impact is felt throughout the entire facility. From providing emotional support and guidance to coordinating care and resources. She helps ensure each resident is treated with dignity and receives person-centered care. We invite you to get to know Emily more here:

“My name is Emily Baatz and I’ve worked in Social Services at the Tuff Home since 2019, and I truly find joy in the work I get to do each day. Outside of work, I prioritize time with my family and close friends. I’m married and have a son who turns four this month! I’ve recently discovered that I really enjoy yard work and have taken pride in planting flowers, and I am verrrry slowly attempting a garden. I cannot stress enough how much of a beginner I am, but I’m enjoying learning as I go. One of the things I love most about my role at Tuff is relationships. I get to talk with residents through both tough and good moments, help them settle in, and support them and their families as they figure things out along the way. My role covers a wide range of needs, from more serious care related support like talk therapy appointments to everyday things like helping someone shop for clothes or favorite snacks. Both matter, because even the simple things are part of feeling like yourself. My main focus is being available to residents and their families and being whatever they may need in that moment.

I’m still young in my career, but I’ve learned so much from our residents and their families. That’s the great thing about social work. You are constantly growing and learning, not just professionally but personally. I feel so thankful to be part of the Tuff Home team!”

The Heart Behind Every Mile

Driver Appreciation Day is celebrated on March 18th, and we're proud to recognize our amazing driver, Dennis! He plays a vital role in the care we provide, ensuring residents arrive safely and comfortably to their appointments. With his quick wit and genuine compassion, Dennis brings both laughter and support to every ride. When Dennis was asked what made him interested in this position he answered, "I found out about the job while transferring my mother from Good Sam in Pipestone to the Tuff Home in Hills. Our driver that day was Emily Baatz who would eventually be my boss. I'm not sure exactly how the subject came up, but I thought what great part-time job for me in my retirement." What he enjoys best about being driver is "Meeting a lot of fun and interesting people. And not just the residents of the home, but my co-workers and the people I meet at the various destinations we go to for residents' appointments." His family consists of his wife, Mona, 6 children, and 8 grandchildren who all live within 3+ hours of him. He also has 2 grand-dogs. When asked about his favorite hobbies he shared, "The hobby I love the most is disc golf, which I have been playing since the mid 1980's. Mona and I love to play Texas Hold'em and we host a tournament once a month with friends that we met at our former job as casino dealers. We also like gardening and canning what we grow. Mostly tomatoes." A random fact about Dennis is that he has always dreamed about being a Rock Star ever since he was a young man. He shared, "I never became one, but I do like going to concerts whenever I can."



Tuff Time Travel

Residents were asked what they're looking forward to most about springtime

- *"Apple Blossom trees and the smells of spring."* -Betty R.
- *"Warm weather, seeing flowers bloom, and seeing the green leaves."* -Betty L.
- *"Going outside."* -Dar B.
- *"Getting rid of the winter blues."* - Charles K.
- *"Seeing the green grass, I miss mowing my lawn."* -Annabelle F.
- *"Nice weather."* -Lucy V.
- *"Seeing flowers."* - Evean H.

Highlighted Activities for March

- March 11th – Memorial Service for Arlene K. and June W.
- March 12th – 4th Graders Activity
- March 13th – HBC 6th Grade Choir
- March 20th – Spring Break Party
- March 25th – HBC 7th and 8th Grade Choir

Pastor's Page

By Pastor Lori
Bethlehem Lutheran Church of Hills, MN

The disciplines of Lent are Prayer, Fasting and Almsgiving. What can you do to commit to these things this month?

Let's start with prayer. Can you pray for someone in need? That person might be someone you know well, or someone you sort of know. It might be a political figure, a person in recovery, someone struggling with depression or mental health issues. Prayer is not some magic bullet that will make things all better, likely the people we pray for will continue to face difficult days and hard decisions, but praying for them will bring comfort. Some-times when we don't know what else we can do, we can pray! We can lift up those in need and put them into God's hands, which can make the days better. Maybe you pray through the directory, praying for each person who is a part of our congregation. Would-n't that be a good thing to do? Fasting is another discipline. Maybe we cannot skip a meal, but we could give up that extra cup of coffee, or the cookie that goes with it. Maybe we make a conscious choice to eat more fruits and vegetables rather than processed food. Maybe we have a meatless day once a week. Some people give up soda or chips or chocolate for the season of Lent. It can be that simple, giving up something that leads us into bad habits. Almsgiving means giving something back. It doesn't have to be a lot, maybe the cost of your extra coffee, or cookie or treat. Maybe we set aside some money each day or week during Lent to give as a special gift to the church or to a cause we care about. It doesn't have to be big, but when all of us give a little, the result can be enormous! Consider even \$5 each week of Lent, that's only \$25, but if more people joined in, the amount would be high-er! Maybe your kids could put aside a small amount to give to God. We all need a chance to learn to give to God and to know that our giving helps other people.

Lenten disciplines help us focus on what is important in Lent. We focus not on ourselves, but on others, could you pray, fast and give more? I think probably all of us need to consider these disciplines!

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, March 5th

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



Talent Show Activity- pictured above are the Oakridge Boys with special appearance by Elvira- Impersonated by Katie K., Glenda M., Jocelyn J., Judy D. and Morgan K. Pictured below is Marilyn N. reading Ole and Lena Jokes.



Employee of the Month is: *Lora D.*

Employee for the month is Lora D. She works in the nursing department as an LPN and is currently going for her RN. Her family consists of her husband, Mark, and two daughters, Mea and Oliva. She enjoys camping, traveling, being with family and friends, and anything outdoors. What she enjoys most about her job is visiting with the residents and their families. Fun fact: she ran her first marathon (26.2 miles) this past June and shared everyone should try it!



Women are **twice** as likely as men to experience major depression
-womenshealth.gov

Physical activity plays a key role in improving mood, stress & anxiety even when you least expect it to.

- Strength training **2-3 times** a week of improves joint, bone health and releases positive endorphins
- Light stretching & mobility exercises can improve relaxation and recovery.
- Proper hydration helps reduce fatigue, headaches and muscle cramping. Women should drink **2.7 Liters** of water



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.