

Tuff Memorial Home

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



Resident Birthdays

Betty R.	June 16 th
June O.	June 22 nd
Norbert F.	June 24 th

Staff Birthdays

Alicia K.	June 5 th
Madilyn H.	June 5 th
Megan G.	June 7 th
Katelyn C.	June 9 th
Betty S.	June 13 th
Rachel M.	June 21 st
Natalie K.	June 29 th

Staff Anniversaries

Tabitha S.	1 year
Taylor G.	1 year
Norah T.	1 year
Judy P.	2 years
Olivia D.	3 years
Aide P.	5 years
Regina A.	5 years
Katie K.	9 years
Megan G.	11 years
Alicia K.	12 years
Heidi G.	27 years

New Residents

Jeane S.

We Remember

NA

Summer Hydration and Safety

As we welcome the warmer days of summer, we are excited to spend more time outdoors enjoying sunshine, fresh air, fellowship, and all the beauty the season brings. Our courtyard continues to be one of our favorite gathering places, especially on Sunday afternoons where residents and families can relax together and enjoy meaningful moments of connection.

While summer brings many wonderful opportunities, it also reminds us how important hydration and sun safety are for older adults. Seniors are at a higher risk for dehydration because the body naturally holds less water with age, and many older adults may not feel thirsty even when they need fluids. According to the National Council on Aging, dehydration is one of the leading causes of hospitalization among older adults and can contribute to dizziness, confusion, weakness, urinary tract infections, and increased fall risk. Even mild dehydration can impact energy levels and overall well-being. To help keep everyone healthy and comfortable this summer, our staff is taking extra precautions every day. We encourage frequent hydration throughout the day and are excited to introduce our new hydration cart available when residents and staff return from the courtyard or outdoor activities. Offering refreshing drinks and cool beverages has become a fun and welcoming way to help everyone stay hydrated during warmer weather.

Sun safety is equally important. We provide sunscreen and encourage residents to enjoy shade areas and take breaks from the heat when needed. Many residents also enjoy wearing hats while outdoors, we kindly encourage families to bring labeled sun hats and sunglasses for their loved ones to make outdoor time even more comfortable and enjoyable. Summer is a beautiful season of togetherness, and we look forward to many more afternoons filled with laughter, conversation, and sunshine.

Celebrating CNA Week!

National Certified Nursing Assistants Week is observed June 11-17th to thank our incredible CNAs for the compassion, dedication, and hard work they provide every single day. Certified Nursing Assistants are truly the heart of long-term care, building meaningful relationships with residents while providing comfort, support, and exceptional care. Their kindness, patience, and commitment make a difference in the lives of our residents and families, and we are deeply grateful for all they do.



Moments In Bloom

National Nursing Home Week was a wonderful celebration filled with laughter, fellowship and special memories for our residents, families and staff. It was such a joy to see everyone come together for all the fun activities that took place that week. Congratulations to Resident King- Norbert F. and Resident Queen- Kathryn E. Runner ups for King were Jim B. and Ed D. Runner-ups for Queen were JoAnn P. and Anna Mae V. Be sure to watch for the King, Queen, and runner ups in the Friendship Days Parade on Saturday, June 13th. Thank you to everyone who helped make the week so special. A very special thank you shout out to our incredible Life Enrichment Department for all of their hard work, creativity, and dedication in bringing the week to life!



Tuff Time Travel

Residents were asked what their favorite summer memories are:

- *“Fishing and traveling to many different places.” - JoAnn P.*
- *“Traveling around small towns.” -Joyce S.*
- *“As a kid having no school and mowing lawn.” – Mavis H.*
- *“Warm weather and camping.” -Ed D.*
- *“Being outside.” -Allan B.*
- *“Siting outside in the warm weather.” -Anna Mae V.*
- *“Being with friends, camping, swimming, and planting flowers.” Evean H.*
- *“Riding bike, going horse back riding, going to drive-in movies, picnics and being at the cabin at Lake Benton.” -Marilyn N.*
- *“Going to a MN Twins Baseball Game.” -Charles K.*

Highlighted Activities for June

- June 10th – Princess Kay of the Milky Way
- June 13th – Hills Friendship Days Parade at 10:30a.m.
- June 19th – Father’s Day Social
- June 22nd – Flamingo Bingo
- June 25th – Patriotic Piano Playing by Debra Reid
- June 26th – Dairy Day Taste Testing

Pastor's Page

"Summertime, when the livin' is easy."

From the Musical, Porgy and Bess Summer feels like it has officially begun with the heat after Memorial Day! We are settling into a pattern of quieter times, school is out, people are ready to head to the lake for the weekends, every day is a slower pace.

We take time to sit outside, to relax, to talk to friends and neighbors. We eat differently, not so much heavy food, we look for excuses to have ice cream and fresh berries!

Summer is a more laid back time, we travel, we take a break from our regular routines and take care of projects around the house, like painting or mowing or tree removal, things that we have talked about over the winter. There are always things to be done, but it seems in summer, we slow down and appreciate the wonders around us, we watch the skies for storms or meteor showers, we keep an eye on the lakes and the fish we long to catch. We hike new trails, we bike new places, we enjoy the summer and all that it provides for us.

Summer is not that easy at church, though. We continue to fall behind our budget. We continue to think about how we can shore up the resources we have. We have some plans for making things come together, but they are slow in the process. We take time to think about what our priorities are in this place.

One of our priorities are the people of this congregation. You are a valuable resource! We are beginning a new program called Shepherd-ing. There is more about this later in the newsletter, but we hope to build relationships among ourselves, in order to build a stronger congregation. So don't be surprised if you get a text or phone call from one of our shepherds in the coming couple of months. All of you have been assigned a shepherd, a contact person from the church, that you can share your concerns with, share your stories, ask questions, etc.

We hope that this begins the process of making us a stronger, more connected congregation – even when we are traveling or enjoying a slower summer pace. Enjoy the easier pace, but remember that we are always open on Sunday mornings for worship!

Summer 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, June 4th

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



Homemade Vanilla Ice Cream

Ingredients

- 2 cups heavy whipping cream, cold
- 1 can (14 oz) sweetened condensed milk
- 2 tsp. vanilla extract
- Pinch of salt

Instructions

- In a large bowl, whip the cold heavy cream until stiff peaks form (about 3-5 minutes with a hand mixer)
- In a separate bowl, combine the sweetened condensed milk, vanilla extract, and salt
- Gently fold the whipped cream into the condensed milk mixture until fully combined.
- Pour into a loaf pan or freezer-safe container
- Cover tightly and freeze for at least 6 hours, preferably overnight.
- Let sit at room temperature for 5 minutes before scooping.
- Makes 6-8 servings.
Source from AI Tool



Many Memories Made During National Nursing Home Week



Employee of the Month is: *Stephan H.*

Employee of the month is Stephan H. Stephan has been working in the Dietary Department as a Cook since October 2025. He enjoys working in the Dietary Department because he likes being able to cook again. His family consists of Grandma Bernice, parents Jim and Julie, siblings Kristin, Marissa and Kyle. His favorite hobbies include drawing, playing piano, and “sprinkling in a little bit of chaos here and there.” Fun facts include, “I like making people smile, whether through funny acts or just talking to them.”



“Dementia is a decline in mental abilities such as memory, thinking, and reasoning”

- Alzheimer’s Association

HOW DO I INTERACT WITH SOMEONE WHO HAS DEMENTIA?

-Communication

Speak slow with short simple sentences. Avoid arguing or forcing them to remember. Make eye contact during conversation and approach from the front.

-Validate Feelings

The emotion behind what they say is real, even if its inaccurate. Validation reduces agitation faster than correction. Ask what they may miss at home when trying to find a way home.

-Create Routine

Having a set schedule & familiar surroundings helps a person with dementia. Label drawers, use clocks and calendars with large font, and provide good lighting to reduce confusion

-Behaviors

If they become fixated or upset, provide a snack or music and change the environment with less noise. Check basic comfort needs. Set up meaningful activities such as folding towels, short walks, looking at old photos, crafts or gardening.

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.