

September 2026

Tuff Memorial Home

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



Resident Birthdays

Joyce H.	Sept. 2 nd
Annabelle F.	Sept. 5 th
Pat D.	Sept. 14 th

Staff Birthdays

Dewell R.	Sept. 1 st
Megan A.	Sept. 2 nd
Glenda M.	Sept. 9 th
Abby H.	Sept. 19 th
Elvia V.	Sept. 20 th
Joni D.	Sept. 25 th

Staff Anniversaries

Tina S.	1 year
Ben V.	3 years
Yomina P.	3 years
Taylor H.	6 years
Dana H.	8 years
Joni D.	8 years

New Residents

JoAnne Barr

We Remember

Charles Kueter
Enore Boelman

The season of the year is changing fast and we are approaching autumn. Leaves on the trees and crops are changing colors. Residents have been enjoying spending time outdoors in our courtyard. A few weeks ago, the two large ash trees were removed due to being infected with the ash bore disease. To provide more shade a sunshade has been placed over the pergola.

The month of September is National Healthy Aging Month. A time dedicated to promoting physical and mental well-being for seniors. In the nursing home residents exercise up to five days a week in restorative therapy. In restorative, residents exercise on a stationary bike, arm bike, putty, weighted exercises, parallel and weight resistant bands. For their mental well-being we have a variety of activities and take residents outside as often as weather permits.

September 11 marks the 25th anniversary of the terrorist attack in the United States. Do you remember where you were when you heard about the attacks? A program will be held in the Tuff Chapel Friday morning, September 11 to commemorate this special day. Residents will share their memories, we will sing Patriotic songs and share a video about the events that occurred that day.



Residents got a chance to show off some of their hand-crafted items or items with sentimental value to them at the Tuff Fair. There were many beautiful pieces like sewn projects, embroidery, paintings and plants.

Tuff Time Travel

Residents were asked what their favorite school memory was:

- *“My 6th grade teacher would leave the room and place me in charge of the classroom.” – Marilyn N.*
- *In school I loved to read books and sing in the choir. Marjorie R.*
- *I enjoyed art classes. Dar B.*
- *My best friend in school was also my neighbor. Judy R*
- *Recess and math class Jim B. and Norbert F.*

Highlighted Activities for September

- September 7 – Luverne Ukelele Group
- September 11- Patriotic Day
Remembrance
- September 16 – Autumn Craft
- September 18 – Back to School
Slideshow
- September 23 – Apple Bake Off
- September 24 – Memorial Services

Pastor's Page

"So faith comes from what is heard, and what is heard comes through the word of Christ." Romans 10:17

Children will return to the classroom very soon! They will spend time learning, listening and growing. They will learn new concepts, take risks, experience new ideas and thoughts. How wonderful this time of year is for all who like to learn! This year, we are offering you the challenge to learn and grow as well. On September 13, we invite you to bring your Bibles with you to worship. If we take seriously the thought of life-long learning, then we need to spend some time with the book that will teach us the most – the Bible. Maybe you haven't opened your Bible for a while, maybe you think you already know the stories, so why bother, maybe you have never read Scripture regularly. Adults can learn and grow too! You may think you get all you need by listening to the readings on Sunday mornings and hearing the sermons, but there is more to growing in faith. To grow in faith means to be grounded in Scripture. The Word of God speaks to us in different ways in different seasons of our lives. We see things from different perspectives after life experience. God has a word for us every day – if we take the time to listen. Using Portals for Prayer is one aspect but can you actually open scripture and find a Bible verse that is meaningful to you? Can you remember a story from the Old Testament, with the details? Maybe it's time to crack open the Bible and take a read! Bring your Bible on Sunday the 13th, we will bless them and then invite you to open them up and read the Scripture, again – or for the first time! Some of the stories you will know well and others may surprise you. Do you know about a talking donkey or bears attacking children? Do you need a calm and reviving word, where do you look? If you are troubled, what brings hope? We will give you some guidelines to help you in your reading for the months ahead. Open the book and see what you can learn. Open the book and hear again the stories of great faith. Open the book and allow God to be at work in you, with you and help you reach out and grow. Fall is the time to re-commit to being in the Word. You will not be sorry for the time you spend with God.

Fall 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, September 3rd

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



Jim Boeve enjoying a piece of Blueberry pie at the Tuff Fair.

Employee of the Month is: *Betty S.*



Congratulations to Betty S., our Employee of the Month! Betty has been a valued member of the Life Enrichment Department for the past year. Betty and her husband, Calvin, have been married for 42 years. They have five children—Jennifer, Jeremiah, Caleb, Lucas, and Megan—and are proud grandparents to nine grandchildren. In her free time, Betty enjoys camping, baking, sewing, crocheting, riding her bike, and working on puzzles. Her favorite part about working in Life Enrichment is visiting with the residents and hearing stories about their lives and families. Fun Facts About Betty: Betty's very first job was right here at Tuff, where she worked as a CNA while she was in high school! She was born in California and moved to Steen when she was seven years old. She later graduated from HBC. After getting married, Betty and Calvin lived in Steen for the first year and a half before moving to her in-laws' farm south of Luverne. They have called the farm home for the past 40½ years. They are now in the process of moving back to Steen as their youngest son and his wife and family prepare to take over the farming operation alongside their oldest son.



September is Healthy Aging Month
to bring encouragement to older adult to
prioritize physical and mental health

Healthy Wellness Tips to Age Well

CHALLENGE YOUR MIND

Find activities that challenge your brain such as puzzles, reading, or take it one step further and find a new skill to learn.

FIND JOY

Spend time with family and friends. Find community groups to volunteer or participate in social activities. Find a hobby or activity that gives you life meaning.

KEEP MOVING

Participate in physical activity such as walking, biking, aerobic exercises, or something you enjoy that keeps you moving.

PRIORITIZE HEALTH

Incorporate fruits and vegetables into your diet and drink plenty of water. Maintain a good sleep schedule. Attend regular checkups with dental, vision and primary physician.

If you or someone you know that needs help to improve strength or balance we provide outpatient physical and occupational therapy at Tuff.

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.