



Resident Birthdays

None

Staff Birthdays

Skylar V.	Feb. 1 st
Jody D.	Feb. 21 st
Bailey S.	Feb. 24 th
Barb E.	Feb. 24 th
Kelli H.	Feb. 27 th

Staff Anniversaries

Elyrose A.	1 year
Yobita P.	1 year
Meghan L.	3 years
Michele G.	10 years

New Residents

Martha V.

We Remember

NA

February 2025

505 East 4th Street | Hills, MN 56138

Hello February!

This month we celebrate Heart Healthy Month and wanted to spotlight our Restorative Therapy Program. One of the key factors to keeping your heart healthy is daily exercise. Restorative Therapy is a program designed to help maintain or improve residents’ mobility and strength. Many residents are put on a wide variety of programs within Restorative Therapy that range from walking programs, range-of-motion programs, strength exercising, nu-step stationary bike exercises, cognitive exercises and balancing exercises. These programs aren’t just to exercise, they are programed to help residents with activities of daily living such as maintaining the mobility of getting dressed, feeding themselves and maintaining some independence of walking or wheeling themselves around. The Restorative Therapy Department is overseen by GoodCare Therapy and the Director of Nursing then implemented by our wonderful Certified Nursing Assistants. Exercising reduces stress which also aides in keeping one’s heart healthy and overall well-being.



Mission Statement

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.

Department Heads

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

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

Highlighted Activities for February

2/3- Music by Amy Ellsworth

- Residents are so happy to have her back, her voice is amazing!!

2/6- HBC 3rd Grade Class

- Residents can't wait to see the third graders here for a fun game in the dining room.

2/14- Be My Valentine Party

- Many thanks to the HB-C community, family members and friends for sponsoring residents for Valentine's Day. We posted on our Facebook Page about sponsoring a resident for \$10 to get them a flower, balloon, cookie, card and small gift. In less than a week, we met our goal!

2/22- "Then Just Feed One"

- Residents will get to be a part of this non-profit food-packing program that assists communities, schools, churches and clubs in world hunger.

Tuff Family Council

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

Thursday, February 6

These meetings are designed for families to gather amongst themselves to discuss topics related to their loved ones in a safe space. Stay tuned for meetings with educational guest speakers.



Employee of the Month is:

Mark O.

Mark has worked in the Maintenance Department since July 2023. His family consists of his wife, stepson, stepdaughter, and grandkids. In his spare time, you'll see him camping around this region and enjoying classic cars from the 1940's to 1960's. Bringing a smile to everyone's face is what he enjoys most about working here and getting to know everyone! Fun facts: he worked on a dairy farm for most of his life and has a love for baby animals. When he was younger, he was an avid outdoorsman- he canoed the Boundary Waters, hiked in Canada and hiked in the Rocky Mountains.



Welcome, Pastor Lori

At the end of December we said farewell to Pastor David. He was the interim pastor at Bethlehem Lutheran Church since spring 2024. He and the residents got to know each other very well during that course of time and everyone wishes him the best on his next season of life. We welcomed Pastor Lori this January and have welcomed her back to Minnesota!

BETHLEHEM STAR

FROM THE PASTOR

In the beginning was the Word John1:1

A new year, a new beginning, As we turn our calendars to a new year, you also will be welcoming me as your new pastor.. It's been awhile since I've been new to a congregation, so this will be a time of adjusting and learning about one another. You have lots to teach me about this congregation, this community, what you like, what you see for the future. I will need to know where to get a haircut, an oil change, where to shop & eat. You will be my guide in this new journey.

In turn, I will be your guide in spiritual matters: Together we will worship, pray, plan, look at ways to engage all ages in ministry. You have wisdom to share. I have experience in how to be faith and life together. I love music and singing, worship is one of my loves as well as preaching. I will need to learn what you value in order to be a better preacher.

There is one central thing for me., God's Word. The Word guides what I do & share. God works through me to bring comfort and hope to challenge & experience. God is there through all we do, we might get it wrong at times, but even then God forgives and loves us. Sometimes God challenges us more than we want. I have learned to get out of the way and allow God to work. It's scary, but God knows what is going on, so trusting God is important.

A little personal information as we begin our ministry together. I am the youngest of eight children. I grew up in Mt. Lake. I went to Gustavus Adolphus and Lutheran Seminary.. I spent 38 years in a congregation that closed its doors in September. I love to read, bake and am a sports fan. I am gluten intolerant, which means I can't eat wheat, regular pasta, cookies & donuts. I'm also not a coffee drinker. I know, how could I live in Seattle and not drink coffee? It can be done!

As our ministry begins together in January, I ask for your prayers, your patience and support. I will pray for you, listen to you, offer support and advice as needed. Together we can make a difference at Bethlehem and in our community. I look forward to meeting you and sharing in and growing the ministry of Bethlehem. We will gather around and be centered in God's Word in all we do.

Blessing for the New Year,

Pastor Lori



A decorative background for the 'Cupid's Couples' section. It features a bouquet of pink and white roses on the left side. On the right side, there are two red, woven heart-shaped ornaments. The background is a gradient of light pink to a darker magenta.

Cupid's Couples

♥ *Don and Joy K.* ♥

♥ *Rollie and Karen M.* ♥

♥ *Rod and Carol H.* ♥

♥ *Bob and Dar B.* ♥



The Tuff Memorial Home
will be celebrating its
65th Anniversary
this summer!

Sunday, July 27th
11:30a.m. to 1:30p.m.
**Located outside in the
courtyard.**

More information to follow.