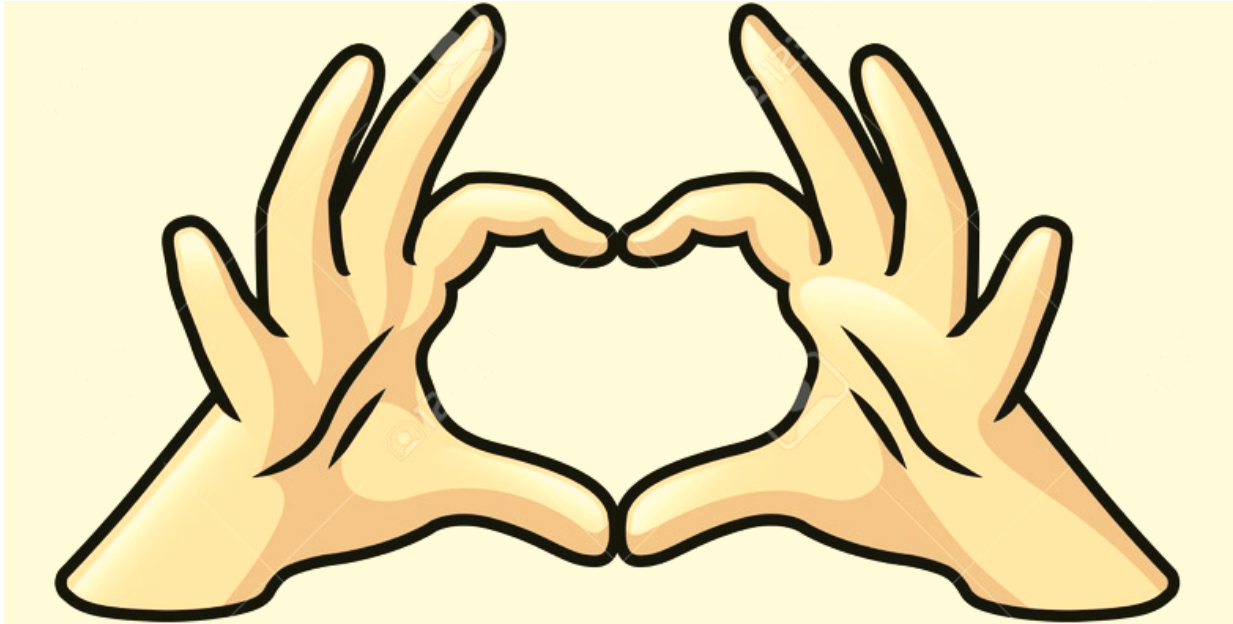




ECUMEN[®] of Litchfield

218 N. Holcombe Avenue | Litchfield, MN 55355



HOME CARE/HOSPICE:

HOME HEALTH AIDE, CASUAL
RN CASE MANAGER, 64 HRS/PP, EVERY
6TH WEEKEND ON CALL & ONE NIGHT A
WEEK ON CALL

HOUSING:

RESIDENT ASSISTANT, CASUAL
DINING ASSISTANT, CASUAL
RESIDENT ASSISTANT, 6.5 HRS/PP,
OVERNIGHT, 12:00AM-6:30AM
ACTIVITY ASSISTANT, CASUAL

HOSPICE NEWS & HUMAN RESOURCE UPDATES

In 1989, seeing the need for improved care for the terminally ill, Lores (Rogness) Vlamincik, Michael Boyle, Dr. Dave Detert, Connie Larson, Connie Lutz, and Rev. Nathan Thompson, formed a planning committee. Their goal was to bring Hospice services to the Litchfield area. After much work, education and the support of the Augustana Advisory Board and community, Litchfield Area Hospice (now Ecumen Hospice-Litchfield) opened its doors for the first time.

The Hospice philosophy was the same then as it is today, to restore dignity and a sense of personal fulfillment to the dying. The focus is on the patient and the family, rather than on the disease, to give good days, whatever they may be. We offer a holistic approach, supporting the client's physical, emotional, and spiritual needs. Clients can accept services from Nurses, Home Health Aides, Social worker, Volunteers, Massage Therapy, Chaplains, Flowers of Mercy, the Prayer Shawl Program, the Mosaic Moments Program and so much more.

In the first year, 10 clients were served. In 2017 Ecumen Hospice-Litchfield served 79 clients. Our motto continues to be: "In your hands you hold today; in your dreams you hold tomorrow; in your faith you hold forever."

Ecumen Hospice-Litchfield will be sponsoring numerous community events throughout 2019 to commemorate our 30 years. Details to come.

ADULT DAY

Adult Day Services are community-based programs which meet the health, social, recreational and therapeutic needs of elderly and disabled adults. Adult Day Services also provide much needed respite and peace of mind for family caregivers. Ecumen of Litchfield Adult Day Services has a person - centered philosophy that includes striving to meet our goals and purposes.

"The importance of elderly activities cannot be underestimated. Activities are not just for entertainment. Or to keep busy. Or filling up the hours to avoid boredom. They're also for the healthy maintenance of the body, mind, and spirit which may seem to lag a bit from issues as we age."

We take our participants on day trips to casinos, apple orchards and craft fairs. We go on monthly "out to dine" trips where the residents choose the restaurants. A favorite trip is going to old time music and dancing on a Sunday afternoon. Along with our trips, we have many in house activities. Church groups come for conversation and Bible studies. People come from all over the area to sing for us. We enjoy games and crafts. Volunteers help with games, nails, newspaper readings and many other fun things. We also have many children from schools, churches and after school programs come to entertain.



"In the world of what can feel like impersonal health care systems, Adult Day Services staff work in partnership with program participants and their family caregivers to deliver relationship-based care." To promote independence, manage chronic conditions, reduce social isolation, foster peer interaction, strengthen relationships, reduce hospital readmissions, navigate the complex health care system and connecting participants and family caregivers to resources and support.

Community HEALTH



NURSING NEWS

- **911 Emergency: Signs and Symptoms of a Stroke:**
- Weakness or numbness of the face, arm, or leg on one or both sides of the body.
- Loss of vision or dimming vision in one or both eyes
- Difficulty speaking-loss of speech
- Sudden severe headache
- Unstable walking or loss of balance
- **Risk Factors for a Stroke that are Preventable:**
- High blood pressure
- Atrial Fibrillation
- Uncontrolled diabetes
- High Cholesterol
- Smoking
- Excessive Alcohol Intake
- Obesity
- See your doctor for routine physicals and follow up as indicated!!!

MEALS ON WHEELS

We offer Meals on Wheels to people 7 days a week, 365 days a year. The price for a meal is \$6.50 each and includes 3 ounces of protein, a half cup of vegetables, a half cup of potato, rice or beans and a slice of bread, along with a dessert.

A recipient can receive any number of meals per week to fit their schedule. We provide therapeutic and mechanically altered meals, if needed (diabetic, low salt, dialysis, ground or puree textures). If anyone would like a sample menu, please contact Amy Larson at 320-373-6638 or the Gloria Dei Kitchen staff at 320-373-6624.

The success of our Meals on Wheels program depends on our volunteer drivers. If anyone would like to serve as a volunteer driver for Meals on Wheels, please contact Amy Larson at the above number. Drivers are paid mileage. There are three different routes, each taking approximately 45 minutes. We are always looking for volunteers that want to give back to the community and have a purpose-filled life.



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218 North Holcombe Ave
Litchfield, MN 55355

SERVICES WE PROVIDE

- Adult Day Services
- Assisted Living
- Home Health Care
- Hospice Care
- Independent Living
- Meals on Wheels
- Medication Management
- Memory Care
- Personal Emergency Response Systems

**HAPPY NEW YEAR
FROM ALL OF US TO YOU**

Home Care & Hospice Team



Housing Team

