



Sauer Health Care
Bringing Quality and Comfort Together

Sauer Health Care * 1635 West Service Drive * Winona, MN * www.sauerhealthcare.org



Celebrating June

Iced Tea Month

Zoo and Aquarium Month

Fireworks Safety Month

June 1–July 4

**The Wicket World of
Croquet Day**

June 2

Yo-Yo Day

June 6

Flag Week

June 10–16

Father's Day (U.S.)

June 17

World Music Day

June 21

**“Happy Birthday to You”
Day**

June 27

Blood Drive

Sauer Health Care will be hosting its 4th annual Blood Drive on June 19th from 10am to 4pm located in our West Solarium. While walk-ins are welcome, we encourage everyone to schedule an appointment via email at sblair@sauerhealthcare.org or call 507-494-6280. Just one blood donation can save up to three lives! Sauer Health Care is excited to be hosting this event as part of our commitment to the health and well-being of our community!



**Be a hero.
Save a life.**



**Father's Day
Social**

**Sunday,
June 17th**

**2:30 pm in the
Main Dining Room**

Food Safety Education for Family/Friends

When family/friends bring meals and snacks from home or favorite restaurants, it can really add joy and enhance our resident's quality of life.

If you choose to bring in items for your loved ones, please take the time to review the following safety tips.

1. Please check with your loved one's nurse, to see if there are any dietary restrictions. Remember diets do change. What the doctor recommends as appropriate and safe one day, may not be the case later that week, month or year.
2. People over 65—can be more susceptible to getting sick from bacteria in food.
 - a. Usually foodborne bacteria take 1 to 3 days to cause illness. But you can become sick anytime from 20 minutes to 6 weeks after eating some foods with dangerous bacteria.
 - b. Symptoms—you may feel an upset stomach, vomit, or have diarrhea. Or, symptoms could be flu-like with a fever and headache, and body aches.
 - c. Foodborne illness can be dangerous, but is often easy to prevent. By following the basic rules of food safety, you can help prevent foodborne illness for yourself and others.

3 Basic food safety rules, when preparing & cooking meals.

1. CLEAN—wash hands and surfaces often. Did you know that one of the easiest way to prevent most types of illnesses is simply to wash your hands properly? Use plenty of soap and wash hands for 20 seconds before and after handling food.
2. COOK—cook foods to proper temperatures. Use a food thermometer to check the internal temperature of foods that you cook. Cook steaks & roasts to at least 145 degrees, ground beef to 160 degrees and poultry to at least 165 degrees. Foods reheated at our facility, should be done by nursing staff, to ensure safe reheating and temperature control.
3. SEPARATE—don't cross contaminate. Keep raw foods like fruits and vegetables and ready-to-eat foods like luncheon meats safe from harmful bacteria by storing them away from raw meats in the grocery cart or refrigerator.

Outings for the month of June

Residents must sign up with the TR Department staff or turn in an outing sign-up sheet located on the activity bulletin board by the elevator to take part in special events.

- 6/5 – DQ Box Lunch Order-In (\$)
- 6/13 – Breakfast @ HyVee (\$)
- 6/21 – Shopping @ Walmart (\$)
- 6/22 – Scenic Drives
- 6/26 – Zesto Order-In (\$)
- 6/29 – Picnic in the Park

Storing Food Items at SHC:

- When you bring food to our facility, please label and date all items (resident's name & date you brought it in). A staff member can gladly help you do this.
- We have refrigeration & freezer storage available for your loved ones perishable foods. A staff member will help you store within each nursing unit.
- Leftovers will be refrigerated for up to 3 days and then discarded.
- When possible, please try to bring disposable containers, or clearly label if you need the item returned.
- If you have a certain time/day you would like these items offered—please let our staff know and we will try our best to accommodate.
- The facility can provide storage containers for bedside storage of non-perishable items such as crackers, candy, etc. We do this to help maintain freshness and pest control.

**Remember: When in Doubt, Throw it out!!
An ounce of prevention is worth a pound of cure.**

Please feel free to contact our facilities Dietary Services Director or Consultant Dietitian if you have any further questions.

Medicare is removing Social Security numbers from Medicare cards to prevent fraud, fight identity theft and keep taxpayer dollars safe. Medicare will mail new cards to Minnesotans on Medicare sometime after June 2018 and before April 30, 2019. The following information from the Minnesota Department of Human Services can help you respond to questions you may receive from residents.

The new card has a Medicare number that is unique to you instead of your Social Security number. This will protect your identity and keep your information safe. Your Medicare coverage and benefits will stay the same.

Do I have to do anything to get my new card?

No. Medicare will send you your new card. Make sure your mailing address is up to date. Understand that mailing everyone a new card takes time and that your card may arrive at a different time than your friend's or neighbor's card does. Medicare will never ask you to give personal or private information or charge you a fee to get your new Medicare number and card.

What if Medicare does not have my correct address?

If your address needs to be corrected, contact Social Security at [socialsecurity.gov/myaccount](https://www.socialsecurity.gov/myaccount) or call 800-772-1213.

What should I do with my old card?

Once you get your new card, destroy your old card and start using your new card right away. Protect yourself by making sure no one can get your personal information from your old Medicare card.

What if I am in a Medicare Advantage Plan?

If you are in a Medicare Advantage Plan—like a health maintenance organization (HMO) or preferred provider organization (PPO)—your Medicare Advantage Plan ID card is your main card for Medicare. You should keep that card and use it whenever you need care. However, you also may be asked to show your new Medicare card, so you should carry this card too.

Where can I get more information?

For more information, visit [go.medicare.gov/newcard](https://www.go.medicare.gov/newcard).

Gift Idea

Looking for a gift idea for a resident?

How about music! Music is the perfect gift that provides enjoyment and entertainment not only for your loved one but for their friends and peers too. Musical entertainment prices vary widely, from \$35 - \$100. Contact Janna in the TR office if interested in sponsoring musical entertainment.



**THE GIFT
OF MUSIC**

Thank you to the Betty Neyer's Family for arranging music in honor of Betty's Birthday in June.

Thrivent Donations

Sauer Health Care participates in the Thrivent Financials Thrivent Choice® program. Individuals can direct Choice Dollars® through Thrivent Choice. Speak to your Thrivent advisor or go online www.thrivent.com for more information. Thank you!



