



706 Bratley Drive  
Washburn, WI 54891

- ... Health Care Center
- ... Home Health
- ... The Oaks
- ... Outpatient Therapies

OR CURRENT RESIDENT

PRSRT STD  
U.S. POSTAGE  
**PAID**  
PERMIT NO 5  
WASHBURN WI  
54891



# Northern Highlights

*Our Community Caring For You*

December 2011



Merry  
Christmas  
&  
Happy  
New Year!

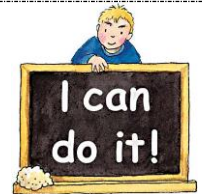
From all of us who live and work at Northern Lights and The Oaks. Many of our residents were able to get out and about in the community this summer and fall.

Many more of you came to our place to visit with residents, including Washburn's Mayor.



## YOU CAN DO THIS

My physical therapist at Northern Lights Health Care tells me, "You can do this." I answer, "I don't think so." "Try it," she says. How does she know what I can do? **Tough love** – rehab therapy and nursing at Northern Lights brought me back from the edge. And they are sending me home! I did it, but I had good help. My surgeon and I are both impressed.



My name is Carol Geisler and I was in the hospital in Duluth for two months. After one month at Northern Lights, my husband drove me to Duluth for a follow up with Dr. Ohaju, my surgeon. He was so surprised when I walked into his office.

My advice for anyone is to "just do it." When the therapist or nurse wants you to walk backwards - just do it. Walking the hallway. Baking cookies. Walking outside. On the treadmill. Just do it.

I am going home after two months in the hospital and one month at Northern Lights Health Care Center. I still need some follow up, but Northern Lights Home Health nurse will come to my house for my cares.

As I was getting off the exam table at my doctor's office, my doctor offered me his hand. My response was, "I can do this myself." "Now you are just showing off," said my doctor. But, of course, "I came to show off."

## Who Pays for My Rent and Services?

Every person in a nursing home or assisted living pays something for his or her care. For those who don't have enough social security and savings, Medicaid can often supplement the difference up to a contracted minimum.

Quite often someone says, "I want my family to have my Social Security and retirement savings - I'll just use Medicaid." It doesn't work that way. Just as in the rest of life, we all pay as much of the true cost of good care as we can. Medicaid is the safety net to help if we don't have enough. The mix of private pay and Medicaid is what allows the homes and care to offer the best quality. Any less would make for a level of care I don't want for my parents.

Mom recently said she felt bad about using her savings for her own care rather than leaving it all to my brother and me. "Mom, you're using **your** money for **your** care. Not only does that make sense, but also keeps us from feeling like we should somehow provide 24-hour nursing care at our house. "Spend your money for you, Mom."

**Volunteer Services**

Opportunities are varied and as unique as the individuals that the Northern Lights community serves. Volunteers are needed to perform a number of heartfelt tasks for our residents. If you have time to spend making friends or if you have a special talent you would like to share with our seniors, please call Lauri Moreland, Resident Life Coordinator at 715.373.6414.



*"You don't need to be the best there is to volunteer; you just need to offer your best." ---Byron Pulsifer*



Are you wondering what to get for your loved one this Christmas (or anytime)? How about a **Gift Certificate!** Northern Lights has certificates available for Massage Therapy, Craniosacral Therapy, Private Pilates Lessons – Stop by and pick one up!!

**With Warmest Appreciation For Memorial Donations**



We thought you'd like to know about some of the wonderful things that have come about for the residents at Northern Lights Health Care Center as a result of monetary gifts from family members and friends.

We had the most outings ever with over 23 community trips. In June, a group of residents enjoyed a late afternoon circus performance at the Bay Area Civic Center in Ashland witnessing a variety of animal and trapeze acts. Midsummer we traveled out to Blue Vista Farm to pick and eat fresh raspberries. Several residents thought that the Big Top Chautauqua July 14 performance "Keeper of the Light" was entertaining as well as educational. Since many residents like frozen treats, we stayed cool with soft-serve treats from the Washburn Dairy Queen. July ended with a summer evening on Chequamegon Bay dining at The Beach Fire Grille. Several ladies enjoyed "pizza out" at Hugo's in Washburn and the gentlemen visited Patsy's for burgers in August. Most residents agreed that the trip to Madeline Island via the Madeline Island Ferry Line for a picnic at Big Bay State Park was the trip highlight of the summer. In addition to the picnic lunch, time was spent feeding chipmunks, visiting, and strolling on the boardwalk to the beach. A perfect day! In late-August, several residents enjoyed warm summer afternoons at a "coffee clutch" at North Coast Coffee and a trip to the Bayfield County Fair. One resident rode the Ferris wheel and everyone enjoyed traditional "fair food" - turkey legs, funnel cakes, and shrimp. Residents also enjoyed Applefest, fishing, and many more events.

One family started an account for free beauty shop treatments for those who can't afford. Two other families started a "thank you" account for furnishings for the staff break room. Additional gifts of items and time were shared with our residents including: 7 more quilts, exercise equipment, walkers, and wheelchairs.

**Wish List for 2012** As donations are made, the following are items on our wish list for residents in our communities:

- ✓ Exercise equipment for the Oaks \$300
- ✓ Activities and outings \$25 to \$3000
- ✓ Beauty shop "free care fund" \$20 to ?
- ✓ Video camera for activities \$250
- ✓ Garden Club plantings \$200
- ✓ Staff Break Room furnishings Any amount



**MEDICARE AND HOSPITAL STAYS** from our Business Office

At the point you are checked into a hospital, your Medicare A benefits vary based on whether you are an inpatient, an outpatient, or both during the first few hours. Medicare urges you to ask the Hospital staff whether you are being admitted or just being held for observation. This has such a big effect on how much you pay out-of-pocket that Medicare has an explanation sheet on line to explain how your hospital benefits work. See their article at: <http://www.medicare.gov/Publications/Pubs/pdf/11435.pdf>

**How to Contact Us – 715.373.5621**

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[www.northernlightsservices.org](http://www.northernlightsservices.org) – Check us out on the Web

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