



SAUER HEALTH CARE

QUALITY AND COMFORT, TOGETHER

Sauer Health Care | 1635 W Service Drive | 507-454-5540 | www.sauerhealthcare.org



As we move through another month together, I want to take a moment to thank our residents, families, and team members for the continued trust and partnership that define our community. Everything we do is guided by a commitment to quality care, safety, and connection and that commitment continues to shape our path forward.

You may notice something new in this edition of the newsletter: our updated logo. This refreshed look represents more than a design change. It reflects our ongoing evolution as an organization, honoring the values that have always grounded us while positioning us for the future. Over the coming weeks and months, you'll begin to see this new logo across our billboards, printed materials, and as we work through a phased update of signage throughout our campus and beyond.

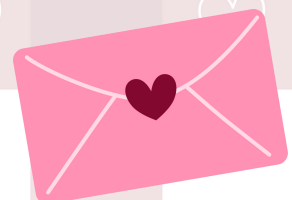
This brand refresh aligns with our broader strategy to ensure clarity, consistency, and visibility as we continue to grow and innovate. While the look may be new, our mission remains unchanged: To provide for physical, social and spiritual needs of our Residents. We provide quality care to enhance the dignity and individuality of each person in a home-like environment. Where residents feel supported, families feel confident, and our team feels proud of the work they do.

Thank you for being part of our journey. We look forward to continuing to move forward together with purpose, transparency, and care.



Warm regards,

Jessi Muras, BHA, RN, LNHA
Administrator





As we move through February, a month often associated with appreciation and care, Human Resources would like to share a heartfelt thank-you with our residents' families. Your ongoing support and partnership mean so much to our community and to the team members who care for your loved ones each day. This month reminds us that compassion, respect, and connection are at the heart of everything we do—from recruiting and training dedicated staff to supporting a positive, caring environment for residents. I'm grateful for your trust and continued collaboration as we work together to ensure your loved ones feel safe, valued, and at home.

—Colton Terry, HR Manager

February serves as a reminder of the importance of compassion, connection, and support. Social Services continues to prioritize residents' emotional well-being through advocacy, open communication, and relationship-centered care. We are available to assist residents and families with care coordination, addressing concerns, and providing ongoing support. Families are encouraged to stay connected and reach out at any time, as your involvement plays an important role in your loved one's overall well-being.

—Bailie Riter, LSW Social Worker



February may be the shortest month of the year, but it's still filled with meaningful moments, connection and fun! This month, residents will enjoy various activities such as our annual Bingo marathon and pizza party, live music performances, Valentine's Day themed activities, and much more. As always, friends and families are always welcome to join in on the fun with their loved ones. In January I welcomed my little boy so you may not be seeing me around the halls.

—Shelby Hofschulte, CTRS – TR Supervisor

Handwashing is the number one defense against infections because it stops germs before they have a chance to spread. Our hands touch many surfaces throughout the day, and without proper washing, bacteria and viruses can easily be passed to loved ones, staff, and residents. Simple handwashing with soap and water removes these germs and greatly reduces the risk of illness, especially in long-term care settings where residents may be more vulnerable. Clean hands help protect everyone and keep our community healthier and safer.

—Ashley Seppa, RN – Quality Nurse Manager





In January, we welcomed Aron to the TR Department as our TR Manager. He will be taking over for Shelby as she welcomes a new baby boy to her family. We are very excited to have Aron as a part of our team!



PREVENT COLDS & FLU

Because of the increased risk for flu, gastrointestinal and respiratory illness at this time of the year, we ask that you take precautions to prevent the spread of germs.

1 WASH

Wash your hands for at least 30 seconds (sing Happy Birthday twice) with soap and warm water.



2 COVER

Cover your mouth and nose when you cough or sneeze with your elbow or tissue.



3 DON'T TOUCH

Don't touch your eyes, nose or mouth! These are the areas where a virus can enter your body.



4 AVOID

Avoid close contact with those who are sick. Wash your hands or use hand sanitizer after.



February Events

2/4: Hy-Vee Lunch Order-In (\$)

2/8: Super Bowl Social

2/10: Bingo Marathon & Pizza Party

2/12: Birthday Party & Music w/ Joe C.

2/16: Piano & Violin w/ Luke R.

2/17: Taco John's Order-In (\$) & Mardi Gras Social

2/19: Music w/ Colby T.

2/20: Shopping @ Walmart (\$)

2/26: Music w/ Annie & Family

February is Therapeutic Recreation Month!

Therapeutic Recreation programs at SHC are resident-centered with the goal of maximizing health, physical function, social and emotional well-being and overall quality of life.

Benefits of Recreation

As a person engages in leisure, they might find certain intrinsic benefits are achieved which drive them to enjoy and voluntarily participate in an activity.

Psychological benefits: Self-confidence, personal growth, sense of control over one's life, positive mood and emotion, reduced tension and depression, sense of freedom, creative expression, increased spirituality, and sense of wellness.

Physiological benefits: Management of various diseases (arthritis, colon cancer, diabetes, etc.), respiratory benefits, increased muscle strength and endurance, increased life expectancy, and reduced stress.

Choice: freedom to make choices from meaningful options for oneself

Internal Rewards: Motivation from how it will make one feel inside; not for external purposes

Optimal Arousal: feeling of being alive and aware

Self Efficacy: A sense of having a positive impact on outcomes

Social + cultural benefits: Ethnic identity, family bonding, cultural and historical awareness, and enhanced world view.

Economic benefits: Reduced health costs, higher employee productivity, less work absenteeism, and reduced youth delinquency and recidivism.



Dementia Caregiver Support Group

Presented by the Alzheimer's Association
Minnesota-North Dakota Chapter



Build a support system with people who understand.

Alzheimer's Association® caregiver support groups, conducted by trained facilitators, are a safe place for caregivers, family and friends of persons with dementia to:

- Develop a support system.
- Exchange practical information on caregiving challenges and possible solutions.
- Talk through issues and ways of coping.
- Share feelings, needs and concerns.
- Learn about community resources.

3rd Monday of each month - 3:00p-4:00p CT
Sauer Health Care - West Solarium
1635 W Service Dr, Winona, MN 55987
Contact: Bailie Riter, LSW @ 507.494.6282

Visit alz.org/mnnd to learn more about caregiver programs and resources. To further extend your network of support, visit ALZConnected®, our online community, at alzconnected.org.

Sauer Health Care Recreation Programs

2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
February						
1 2:00 Eucharist/ Communion Service (FLC) - C 3:00 Ice Cream Social - M	2 10:30 Morning Exercise-W 1:00 Tovertafel-W 2:30 Farkle-M 4:00 Media Cart 6:30 Skee-Ball-W	3 10:00 Bible Study-C 2:30 Resident Council- C 4:00 Chicken Soup Stories-E 6:30 Piano w/ Carol-W	4 Hy-Vee Lunch Order-In (\$) Cookie Cart 2:30 Football Bingo-M 4:00 Can You Picture This?-E	5 10:00 Rosary-C 10:30 Morning Exercise-W 2:30 Tabletop Bowling-M 4:00 Relaxing Ambiance Channel 16.1 6:30 Bingo-M	6 10:00 Nail Time 2:00 Movie & Popcorn Channel 16.2	7 Independent Activities 2:30 Bingo - M
8 2:30 Super Bowl Social - M 3:30 St. Martin's Church Service - C	9 10:30 Tovertafel-W 2:30 Farkle-M 4:00 Media Cart 6:30 Family Feud-E	10 Bingo Marathon & Pizza Party Happy Therapeutic Recreation Month!	11 10:30 Morning Exercise-W Cookie Cart 2:30 Olympics Bingo-M 4:00 Remembering Valentine's Day-E	12 10:00 Rosary-C 10:30 Morning Exercise-W 1:30 St. Mary's Mass-C 2:30 Birthday Party & Music w/ Joe C.-M 4:00 Relaxing Ambiance Channel 16.1 6:30 Bingo-M	13 10:00 Valentine's Day Craft-E Glasses Cleaning 2:00 Movie & Popcorn Channel 16.2	14 Independent Activities 2:30 Bingo & Valentine's Treats-M 
15 2:30 Ice Cream Social - M	16 10:30 Morning Exercise-W 2:30 Piano & Violin w/ Luke R. - C	17 10:00 Bible Study-C Taco John's Order-In (\$) 4:00 King Cake Story-E 6:30 Mardi Gras Trivia-E	18 10:30 Morning Exercise-W Cookie Cart 2:30 Patriotic Bingo-M 4:00 What Am I?-E	19 10:00 Rosary-C 10:30 Morning Exercise-W 2:30 Music w/ Colby T.-M 4:00 Relaxing Ambiance Channel 16.1 6:30 Bingo - M	20 Shopping @ Walmart (\$) 2:00 Movie & Popcorn Channel 16.2	21 10:30 Yahtzee-W 2:30 Bingo - M
22 10:30 Balloon Volleyball-W 2:30 Root Beer Float Social - M 3:30 St. Martin's Church Service - C	23 2:30 Farkle-M 4:00 Media Cart 6:30 Piano w/ Carol-W	24 10:00 Bible Study-C 2:30 Happy Hour-M 4:00 Remember When-E 6:30 Bingo-M	25 10:30 Morning Exercise-W Cookie Cart 2:30 Bingo-M 4:00 Shake Loose a Memory-E	26 10:00 Rosary-C 10:30 St. Martin's Communion-C 1:30 St. Mary's Communion-C 2:30 Color Me Calm-E 4:00 Relaxing Ambiance Channel 16.1 6:30 Music w/ Annie & Family-E	27 10:00 Tovertafel-W Glasses Cleaning 2:00 Movie & Popcorn Channel 16.2	28 Independent Activities 2:30 Bingo - M
 Mary H - 2/7 Darrell F - 2/27 Jim B - 2/27  M - Main Dining Room C - Chapel W - West Solarium E - East Solarium P - Patio						