



Sauer Health Care
Bringing Quality and Comfort Together

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



As we enter December, our team is focused on finishing the year strong with gratitude, transparency, and a clear vision for continued excellence in resident care. This season always brings reflection, and it's an opportunity to celebrate the progress we've made together in 2025: strengthening our programs, enhancing quality outcomes, and investing in the comfort and well-being of every resident.

Included with this newsletter, you'll find your annual rate notice letter. Please don't hesitate to reach out if you have questions or would like to discuss details further.

Many of you are experiencing insurance changes with the new year. UCare has decided to discontinue all services, and Quartz will no longer be accepted in Winona County as of January 1, 2026. Please bring your updated insurance cards to the Business Office as soon as you receive them.

The holidays are also a time for connection and gratitude. I want to extend my heartfelt thanks to our residents, families, and staff who continue to make our community such a vibrant and caring place. Your engagement and trust drive everything we do and fuel our ongoing commitment to quality care and continuous improvement. Are you looking for a gift idea for your loved one? Consider adding money to their trust account. These funds can be used by the resident for outings, hair care, and other personal needs.

Wishing you a joyful and restorative holiday season and a bright start to the new year ahead.

Warm regards,
Jessi Muras
Administrator



The price of a guest meal tray has increased to \$10 per meal.



With the colder weather coming up, it is important to remember that walkways may be slippery. Please use extra caution when entering and exiting the building, as doorways and hallways may be slippery from melting snow falling off when entering the building. If you notice that snow is not being cleared in an acceptable amount of time, please let an employee know, so the safety committee is made aware.

Colton Terry - Human Resource Manager



As we enter the heart of the holiday season, Social Services would like to extend warm wishes to our residents and their families. December often brings renewed opportunities for celebration, reflection, and connection, and our team is here to help make this month as meaningful and comfortable as possible. Whether you need assistance navigating holiday emotions, coordinating family time, exploring community resources, or addressing changes in care needs, please know that we are available. We understand that this season can feel different for everyone, and we are committed to offering personalized support, a listening ear, and steady guidance. Together, we hope to create moments of peace, joy, and belonging throughout the month of December.

Bailie Riter, LSW - Social Worker



The holiday season is in full swing, and our TR department is excited to celebrate with our residents and their families throughout the month! We have several festive programs and dress up days planned to bring the holiday spirit, and we encourage families to join in on the fun with their loved ones.

Shelby Hofschulte, CTRS - Therapeutic Rec. Supervisor



The holidays are right around the corner! Balancing celebration with infection prevention in our facility is essential to protect our residents' health while supporting their emotional well-being. Families can create meaningful celebrations by adapting traditions such as holding small, well-ventilated gatherings, wearing masks if when appropriate, practicing good hand hygiene, and staying home if feeling unwell. Virtual visits or outdoor celebrations can also help include loved ones safely. By combining thoughtful infection control with the joy of togetherness, families help ensure that our residents can enjoy special moments without compromising their safety. Thank you to all our families for helping keep our residents happy and healthy.

Ashley Seppa, RN - Quality Nurse Manager



Please remember to bring all treats, goodies, and holiday snacks in covered containers and put your loved one's name on them.

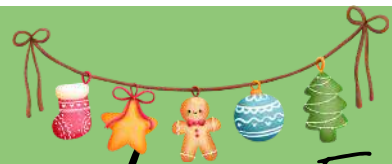
If an item needs to be refrigerated, it can be brought to the nurse's station and stored in the fridge for up to 3 days.



If you gift your loved one any new clothes, please be sure they are sent down to laundry to be labeled with the resident's name on them.



Guest meal reservations for the noon Christmas Day meal must be made no later than Monday, December 15th. The cost is \$10 per person. Please call (507) 454-5540 to make your reservation.



December Events

12/3: Sippi's Order-In (\$)

12/4: Birthday Party & Music w/ Colby T.

12/5: Preventing Scams Presentation from Winona Police Department

12/7: Christmas Carols from St. Luke's Church

12/8: Music w/ Ron P.

12/11: Music w/ Joe C.

12/15: Ukulele Performance by the Driftless Ukes

12/16: Karaoke & Happy Hour

12/16: Christmas Lights Outing

12/18: Music w/ Annie & Family

12/19: Shopping @ Walmart (\$)

12/20: Christmas Carols from Unitarian Church

12/30: Taco John's Order-In (\$)

*****Outings may be cancelled due to snow/ice or if the temperature is below 20 degrees.*****

12 Days of Christmas Dress-Up Days



12/14: Winter Wonderland: Wear blue & white

12/15: Grinch Day: Wear green/dress like the Grinch

12/16: Santa's Helpers: Dress like Santa, an elf, reindeer, etc.

12/17: Pajama Day: Wear your cozy Christmas PJs

12/18: Merry & Bright: Wear something shiny/sparkly

12/19: Festive Friday: Dress as festive as possible

12/20: Candy Cane: Wear red & white

12/21: Flannel Day: Wear your favorite flannel

12/22: Christmas Accessories: Wear your Christmas socks, jewelry, hat, headband, etc.

12/23: Christmas Sweaters: Wear your favorite Christmas sweater

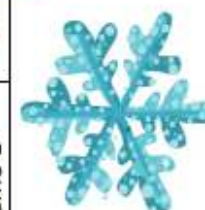
12/24: Christmas Character: Dress as a character from a Christmas movie

12/25: Christmas Colors: Wear red & green



Sauer Health Care Recreation Programs

Sauer Health Care Recreation Programs

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	1 11:00 Visits w/ Gracie 2:30 Farkle-M 4:00 Media Cart 6:30 'Give Me 5' Game-E	2 10:00 Bible Study-C 1:00 Tovertafel - W 2:30 Resident Council-C 4:00 Would You Rather?-E 6:30 Piano w/ Carol-E	3 10:30 Morning Exercise-W <i>Sippi's Order-In (\$)</i> Cookie Cart 2:30 Winter Bingo-M 4:00 Famous Duos-E	4 10:00 Rosary-C 10:30 Morning Exercise-W 1:30 St. Mary's Mass-C 2:30 Birthday Party & Music w/ Colby T.-M 4:00 Relaxing Ambiance <i>Channel 16.1</i> 6:30 Bingo-M	5 10:30 Porch Pot Making-M 2:00 Preventing Scams w/ Winona PD-M 4:00 Winona Places of the Past-E	6 Independent Activities 2:30 Bingo - M	
7 2:00 Eucharist/ Communion Service (FLC) - C 3:30 Christmas Carols from St. Luke's Church- C	8 10:30 Morning Exercise-W 1:00 Tovertafel-W 2:30 Music w/ Ron P.-M 4:00 Media Cart 6:30 Piano w/ Tasha-E	9 10:00 Bible Study-C 2:30 Farkle-M 4:00 In a Pickle Game-E 6:30 Hangman-E	10 10:30 Morning Exercise-W Cookie Cart 2:30 Classic Toys Bingo-M 4:00 Chicken Soup Stories-E	11 10:00 Rosary-C Nail Time 10:30 Morning Exercise-W 2:30 Music w/ Joe C.-M 4:00 Relaxing Ambiance <i>Channel 16.1</i> 6:30 Bingo-M	12 10:00 Relaxing Ambiance <i>Channel 16.1</i> 2:00 Movie & Popcorn <i>Channel 16.2</i>	13 Independent Activities 2:30 Bingo - M	
14 2:30 Root Beer Float Social - M 3:30 St. Martin's Church Service-C	15 10:30 Morning Exercise-W 1:00 Ukulele Performance-M 2:30 Farkle-M 4:00 Media Cart 6:30 Bingo-M	16 10:00 Bible Study-C 2:30 Karaoke & Happy Hour-M 4:00 Can You Picture This?-E <i>Christmas Lights</i> <i>Outing</i>	17 10:30 Morning Exercise-W Cookie Cart 2:30 Christmas Bingo -M 4:00 Colors of Christmas-E	18 10:00 Rosary-C 1:30 St. Mary's Communion-C 2:30 Christmas Craft-E 4:00 Relaxing Ambiance <i>Channel 16.1</i> 6:30 Music w/ Annie & Family - M	19 10:30 Tovertafel-W <i>Shopping @ Walmart (\$)</i> 2:30 Christmas Movie & Hot Cocoa-E	20 10:00 Christmas Carols from Unitarian Church (in hallway) 2:30 Bingo - M	
21 2:30 Ice Cream Social - M	22 10:30 Morning Exercise - W 2:30 Farkle-M 4:00 Media Cart 6:30 Skee-Ball-W	23 10:00 Bible Study-C 2:30 Christmas Cookie Decorating-M 4:00 Remembering Christmas Traditions-E 6:30 Piano w/ Carol-E	24 2:30 Bingo- M <i>Christmas Eve</i>	25 2:30 Christmas Social-M <i>Merry Christmas</i>	26 Glasses Cleaning 2:00 Movie & Popcorn <i>Channel 16.2</i>	27 Independent Activities 2:30 Bingo - M	
28 2:30 Root Beer Float Social - M 3:30 St. Martin's Church Service - C	29 11:00 Visits w/ Gracie 2:30 Farkle-M 4:00 Media Cart 6:30 Magic List Game-E	30 10:00 Bible Study-C <i>Taco John's Order-In (\$)</i> 2:30 Tabletop Bowling-M 4:00 Choices in a Jar-E 6:30 Don't Burst My Bubble Game-E	31 2:30 New Year's Eve Social-M <i>New Year's Eve</i>	 DECEMBER			
 HAPPY BIRTHDAY							M - Main Dining Room C - Chapel W - West Solarium E - East Solarium