

TIMES



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THE FLAMINGOS KNOW: Photos show community coming together with positive messages. **P3**

GRIEF INTERRUPTED

Bereaved families adjust to 'new normal' amid pandemic

BY LORI ZABEL & KIRSTEN FAURIE
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"It's not at all what I would have wanted."

Tim Zacharias, of Cambridge, was honest in describing the recent visitation service held for his wife, Tracy, who lost her battle with ovarian cancer on March 22.

"Tracy knew a lot of people, and she was very close to a lot of people," Zacharias said. "I would have wanted to open it up where hundreds of people could have come, but we didn't get to do that."

Funerals and visitation services are two of the many practices being disrupted and changed by the COVID-19 virus and its "social distancing" protocols.

Zacharias praised Strike Life Tributes in Cambridge for creating a meaningful gathering time for Tracy's family and friends amid strict guidelines sent out by the Minnesota Department of Health, which oversees funeral and mortuary practices.

Like everything related to the pandemic, information and restrictions were changing almost daily last week.

"These poor families," said Brian Strike, funeral director with Strike Life Tributes. "Things are changing so fast. You get mixed messages



KIRSTEN FAURIE | TIMES

A funeral procession unlike any other showed support to family of Dan Lilienthal while avoiding a large gathering. Over 100 vehicles including buses, tractors and cars traveled from Quamba Baptist Church, north on Rainbow Street to the Lilienthal farm where family members waved from the porch.



KIRSTEN FAURIE | TIMES

Mora Public Schools bus No. 12 led the procession in honor of Dan Lilienthal who drove it for 34 years.

all the time. It's just difficult."

Within days, the guidelines said groups of up to 50 people were allowed, then only up to 10 people, then no gatherings once Governor Walz made

his "stay at home" order, and then funerals were named to the list of activities people could leave their homes to attend provided the 6-foot social distancing and other guidelines could be accom-



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Tractors paid tribute to the dairy farmer who died March 31.

modated.

The Zacharias family had initially wanted a traditional visitation, a large church funeral and graveside service.

SEE FUNERALS, PAGE 6

Hospital revenue drops 50%

Welia cuts staff hours, reduces senior leadership pay

CONTRIBUTED
WELIA HEALTH

Welia Health notified its employees late last week of cost-reducing measures, including decreasing staff workloads, due to the COVID-19 pandemic.

Randy Ulseth, CEO of Welia Health, commented how amazed and inspired he is by the extraordinary work already done by staff. He also expressed gratitude for their flexibility and dedication to help prepare for the ultimate unknown, saying, "The teamwork, dedication and ingenuity I've witnessed is a profound expression of the commitment to the organization and ultimately, to the patients of our communities."

On March 23, 2020 Governor Tim Walz issued the executive order temporarily discontinuing routine, non-emergent services, procedures and surgeries. Those actions were taken, understandably, to keep healthcare workers and our communities safe while preserving as much personal protective equipment (PPE) as possible. Those same critical actions have now significantly impacted patient volumes, revenues and service offerings.

Since the Governor's executive

SEE CRITICAL, PAGE 7

Woman's search for self healing leads to new career

BY LISA JOHNSON
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Twelve years ago Deb Newton was on the destructive path of alcoholism. In her efforts to stop drinking she decided to try yoga. Through the discipline she was able to realize who she was as a person. Meditation enabled her to work through her thoughts and beliefs and realize what had led to her alcoholism. With this knowl-

edge she came to a place of sobriety and self love which she says allows her to love all people, nature and life.

One of her instructors encouraged her to train in yoga, so in the fall of 2008 she did so through the Temple of Kriya Yoga in Chicago. She completed 200 hours of study and became an instructor. Realizing the importance of yoga and its impact, she decided to make it her full time career.

"Yoga," Newton said, "is the ancient practice of meditation which is not letting your emotions drive you. Meditation allows you to quiet your mind to see and come to understand what emotions are driving you. The physical postures came about to relieve stress from the body and quiet the mind for meditation."

"Yoga is a science."

SEE YOGA, PAGE 7



SUBMITTED

The aqua yoga class held at Mora's AmericInn pool gives clients a gentle way to improve flexibility without adding stress to joints.



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