

Thoughtful Gifts for the Bereaved

by Hospice of the Red River Valley

When a friend or family member loses someone they love, it's natural to want to comfort them in some way. Attending a memorial service, wake or funeral is very meaningful. Thoughtful gifts are also a significant way of letting the family know you're thinking of them.

You may choose a gift that's intended to provide a measure of comfort, or one that will help them cope with the days and months ahead, or a memento that will honor the memory of their loved one. No matter what you choose, your gift represents your love and support. Along with spending time with those who are grieving (either in person, on the phone or virtually) just letting your friend or family member know you're thinking of them is often the best gift.

What do you get someone who has experienced a loss? Your relationship with the bereaved person may help you choose the right gift. Pair your gift with a sympathy card, and consider sharing your favorite memory of the person who died.

Gift ideas for those who are grieving:

- Flowers
- Plant
- Gift basket
- Donate to a memorial fund or to the deceased person's favorite charity
- Picture frame
- A gift card to a restaurant, spa or cleaning service
- Make and share favorite meal, snack, treat or beverage
- Coffee or tea
- Chocolate
- Cheese
- A blanket, pillow or teddy bear made from the deceased's clothing
- Bird feeder

- Garden stone or ornament
- Wind chimes
- Weighted blanket
- Journal
- Books
- Zen garden
- Worry stone

Spending time with those who are grieving is a gift in itself. Your presence, even if you don't know what to say, is a show of love and support. Remembering your friend or family member's loved one who has died in the early days of loss, and on special days (wedding anniversaries, anniversary of the death, birthdays, holidays) can mean a lot to the grieving person, too.

If you or someone you know is grieving, Hospice of the Red River Valley offers free community grief support resources and grief support groups. Please contact us, or call 800-237-4629 and ask for the grief department.

Luke Lawrimore named CEO of future Altru Rehabilitation Hospital

Luke Lawrimore has been named CEO of the future Altru Rehabilitation Hospital, a joint venture between Altru and Encompass Health. The 40-bed inpatient rehabilitation hospital, which is under construction at 4500 South Washington Street in Grand Forks, is expected to begin caring for patients in June 2022.

Lawrimore, who assumed the position on November 15, 2021, will be responsible for overseeing the future hospital's day-to-day operations, as well as patient care and quality. The hospital will provide 24-hour nursing care and physical, occupational, and speech therapies to patients recovering from major illnesses and injuries including stroke, brain injury, spinal cord injury, amputation, and complex orthopedic conditions.

"We are thrilled to welcome Luke to Grand Forks to lead the team who will expand our rehabilitative care," shared Janice Hamsher, Chief Nursing Officer at Altru. "Our collaboration with Encompass Health brings a nationally-trusted expert to our community to manage the operations of Altru Rehabilitation Hospital. We look forward to Luke's

leadership of these efforts."

"Luke brings extensive clinical and leadership experience to his new role as CEO, including significant experience at Encompass Health. I am confident in his vision for the hospital and know that he will make incredible contributions to the future Altru Rehabilitation Hospital," said Brad Kennedy, president of Encompass Health's South Central region. "We look forward to opening this hospital, in partnership with Altru, expanding high-quality, rehabilitative care in the region, helping patients heal and find hope again through therapy services customized for their needs and goals."

Lawrimore has served in multiple leadership roles at Encompass Health since 2015, including as therapy team leader and supervisor at Encompass Health of North Alabama and, most recently, in various leadership roles at Encompass Health of Dothan for the past three years, including rotations of director of therapy operations, interim director of case management, and hospital administrator. In his roles at Encompass Health of Dothan, Lawrimore was responsible for

management of patient outcomes, patient experience and safety within the therapy department. He worked collaboratively with the director of quality and risk management to complete a root-cause analysis and implement safety measures to prevent falls and other adverse events. He also served as co-leader of the patient experience team, which was responsible for initiating, implementing and monitoring patient experience plans. He was an instructor for new hires and staff annual re-education requirements. Prior to joining Encompass Health, Lawrimore practiced as a physical therapist at multiple clinics in the Huntsville, Alabama area for eight years.

A licensed physical therapist with more than six years of leadership experience, Lawrimore completed his bachelor's degree in biology at the University of Alabama and his doctorate of physical therapy at the University of St. Augustine. He is currently pursuing a dual master's degree in business administration and healthcare leadership from Friends University, with an anticipated April 2022 graduation date.

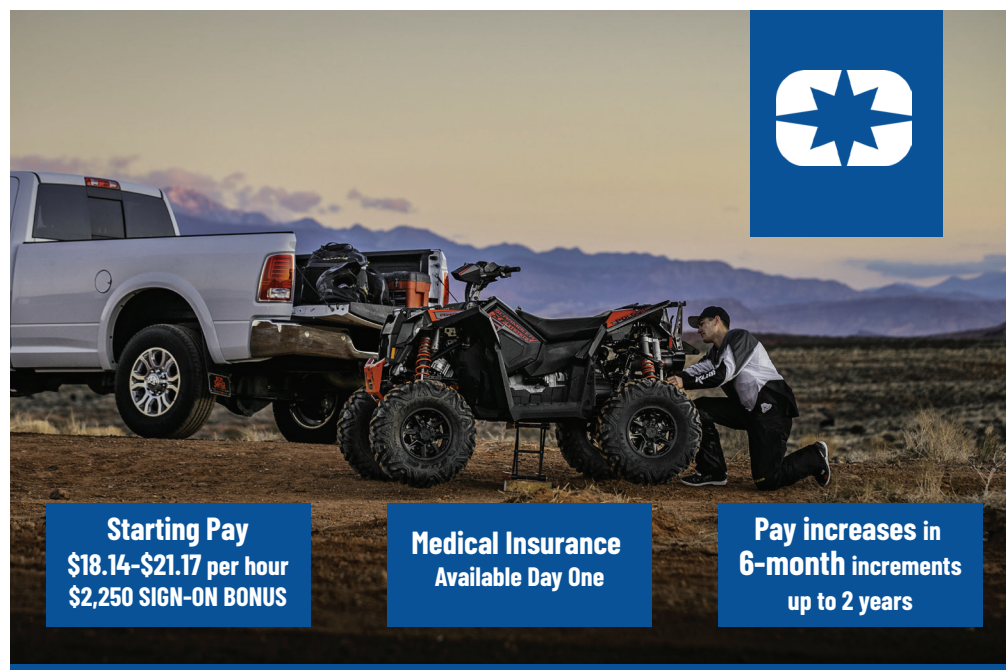
JOB OPENING POLK COUNTY PUBLIC HEALTH

PUBLIC HEALTH NURSE OR REGISTERED NURSE

Public Health Nursing is more than a career, it is a calling. Come and be a part of our team! Polk County Public Health currently has an opening for a Public Health Nurse or Registered Nurse in our East Grand Forks or McIntosh office location. This exciting career gives nurses the opportunity to work directly within our communities to educate people and give them the tools they need to improve health outcomes for themselves, for their family and their community. The best public health nurses are excellent communicators and critical thinkers. They are also enthusiastic, able to attend to multiple priorities, flexible, and have a genuine interest in impacting lives and influencing change.

Polk County offers a highly competitive benefits package including affordable healthcare plans through BCBS including attractive low cost family healthcare plans, dental, vision, life, long-term and short-term disability coverage; flexible spending accounts; PERA retirement with contributions made by the County, vacation and sick leave, and access to many other health and wellness programs. Wage range for this position is \$26.91-36.26/per hour, DOE and qualifications. If this sounds like you, obtain an application at www.co.polk.mn.us and click on Careers. Please submit your completed application and resume to the Polk County Administrator's Office, Polk County Government Center, 612 N. Broadway, Room 211, Crookston, MN 56716 before 4:30 p.m., December 15, 2021. Applications/resumes may also be emailed directly to alecia.helms@co.polk.mn.us EOE..

(December 1 & 8, 2021)



Starting Pay
\$18.14-\$21.17 per hour
\$2,250 SIGN-ON BONUS

Medical Insurance
Available Day One

Pay increases in
6-month increments
up to 2 years

TEAMWORK

BE PART OF A WINNING TEAM COMMITTED TO EACH OTHER AND OUR SUCCESSES

CUSTOMER FOCUS

HAVE PRIDE IN YOUR WORK AND DELIVERY OF OUR FIRST IN CLASS PRODUCT; THAT'S ALSO FUN!

INNOVATION

GO BIG... WE WIN WITH CREATIVITY AND COMMITMENT TO YOUR GROWTH

JOIN OUR POLARIS ROSEAU FAMILY!

Assemblers, Material Handlers, Welders

Doherty in partnership with **POLARIS**

SCAN THIS CODE WITH YOUR MOBILE DEVICE TO START YOUR APPLICATION



(218) 463-7979

WWW.POLARISROSEAU.JOBS

EOE | Drug-free Employers



Dahlstrom

MOTORS

CHECK OUT THESE & LOTS OF OTHER GREAT VEHICLES ON OUR WEBSITE - dahlstrommotors.com

Come Experience the Dahlstrom Difference!



As
Winter Begins

Get ready to **GO**
in the **SNOW!**

\$37,800

'20 Chevy Colorado Z71 Crew Cab with Heated seats, Trailering Package and only 19,000 miles on this Cajun Red 4WD

#20655



\$21,800

'16 Chevy Equinox LT with heated Cloth seating and 49,500 miles on this Siren Red Tintcoat AWD

#12815



OSLO, MN • 800-446-"OSLO"(6756) • WWW.DAHLSTROMMOTORS.COM