

2026 HH Spirit Week Recap!

Thank you for participating in our HH Theme Day dress up days, the prize drawings, and our staff appreciation brunch at Charlie's Eatery! We had a fun time celebrating **YOU and our HH MISSION!**

Congratulations to all of our HH Spirit Week Theme Day Winners and prize winners. A big **THANK YOU** to our donors who provided financial support for our 2026 HH Staff Appreciation Brunch and all the prizes that we gave away, we appreciate their support! I would also like to thank the HH Board Members who volunteered at our HH Staff Appreciation Brunch, we appreciate their ongoing support!



Forest Knoll



Weatherstone



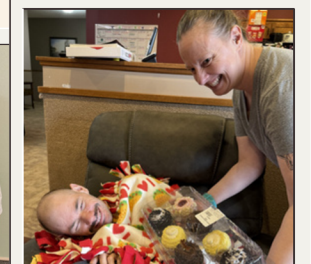
Valkyrie



Arbor



Butler



Big Prize Winners

Single Serve Coffee Maker | Anisa Dakane
Office Desk Organizer | Simon Dohl
Pink Tool Kit | Jennifer Seitzinger
Difference Maker Bag Set | Kylee Sue
Yellow Tool Kit | Johnnie Redmond
Picnic Backpack | Tim Emmons
Armor All Kit | Rod Groshens
Bluetooth Speaker | JR Robertson
Amazon Fire Tablet | Carol Jo King
Pyrex 2-Pack Baking Dish | Dianne Adams
Popcorn Gift Set | Katherine McGrath
Grilling Accessories Set | NeNe Beck

Door Prize Winners

All in One Screwdriver | Jeff Morgan
Flashlight/chocolate | Ryan Anderson
Okeefe Handcream | Kylee Sue
Charlie's \$25 GC | Chris Nelson
Charlie's \$25 GC | Katlyn Nelson
Car Jumper Cables | Dianne Adams
Utensil Set | Erica Brawdy
Chocolates/Cookies | Jonell Sam
Flashlight/chocolate | Jennifer Seitzinger
Office Desk Set | Michelle Schultz
Chocolates/Cookies | Carol Jo King
Utensil Set | Cassandra Emmons



Door Prize Winners

Swiss Army Knife | Carol Graumann Matz
To-Go Containers | Mari Beth Ahart
Game Set | Mandi Pyle
Utensil Set | Sherry Kulas
Blanket | Brittany Nicklay
Desk Organizer | Kaitlyn Pickens
All in One Screwdriver | Chris Motts
All in One Screwdriver | Akaisha Ayala
Wolf Lodge Water Park | Dianne Adams

Big Prize Winners

Lunch Bag Bento | Anastacia Putman
TV | Robelene Hondel
Hand Warmers | Anne Bureau
Pyrex 1pc | Ed Stites
MN Wild Puck | Connie Walker
Sunshine Gift | Erica Brawdy
Wireless Earbuds | Shukri Galbed
Sm. Mary K | Amber Theel
Ninja Blender | Farhiyo Alinoor
Owala | Cassandra Emmons
Games | Ellen Heydon
Stanley | Jordan Ayala
Notebooks | Rebecca Civil
Lg. Mary K | Stacey Roe



Disability Services Day at the State Capitol

The **VISION** of Hiawatha Homes is to ensure the people we support are living a fulfilling life in a community that values and includes them. One of our core values is **ADVOCACY**; we believe education and advocacy bring about the social change needed to create inclusive communities. On March 24th, a group of Hiawatha Homes Team Members, Individuals we support, volunteers, and board members will travel to St. Paul to join hundreds of advocates for the **Disability Services Rally** in the Minnesota Capitol Rotunda. During this visit, we will also meet with local legislators from **District 24 and District 25**. We will be advocating and raising awareness for the fundamental rights of people living with disabilities, including their right to access support services of their choice. We will also highlight the vital role of Direct Support Professionals (DSPs) and advocate for them to be properly valued for the essential support they provide to our communities.

If you would like to join us on March 24th, please reach out to me at costrowski@hiawathahomes.org or call 507.226.0710.



Cindy Ostrowski, CEO

Upcoming Hiawatha Homes Events:

More details coming each month, please see highlights below

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| March 24th | ARRM Day at the MN State Capitol |
| April 22nd | Hiawatha Homes will be honoring our HH Volunteers |
| May 6th - 11th | Nurses Week |
| May 12th | Our HH 50th Anniversary Committee and HH Foundation will be celebrating our HH donors and supporters |
| July 16th | Hiawatha Homes 50 th Anniversary Ribbon Cutting Ceremony and Open House |
| August | Hiawatha Homes Annual Picnic |
| September 7th - 12th | National Direct Support Professional's Week |
| November 24th - 29th | Festival of Trees |

HIAWATHA HEROES

March 2026

Faiza Yusuf and Faduma Galbed

Butters House Team Members

Faiza and Faduma demonstrated exceptional awareness, quick thinking, and decisive action during a medical emergency involving an individual we support. They recognized that something was not right and immediately took appropriate steps by contacting nursing without hesitation. Their ability to stay calm under pressure and act quickly ensured that the individual received prompt medical attention.

Their attentiveness, sound judgement, and commitment to safety reflect the highest standards of care and truly embody what it means to be a Hiawatha Hero. We are fortunate to have team members who take their responsibilities so seriously and act so swiftly when it matters most.

Colleen Rueb

Bandel House Coordinator

When staff have had the opportunity to help out working shifts at Bandel House, there seems to be familiar thoughts about Colleen Rueb, the House Coordinator. People recognize Colleen for her outstanding care and dedication she shows towards the people she supports. She continually demonstrates patience, kindness and genuine concern for the people she supports. This enables people to feel safe, valued, and respected. Colleen consistently goes the extra mile, working extra shifts, staying longer or coming in early, showing such dedication to the individuals living at Bandel House. She continually makes sure everything is set up for others coming in for their shifts, so that individuals may receive better support. She is there to coach and role model to all staff, making sure individuals get optimal care. Colleen treats each person with the same attentiveness and compassion as one would their own family. This level of care not only enhances the individual's she supports experience but also sets a great example for the rest of us. Her high level of care comes straight from her heart. We truly appreciate having HC Colleen on our team and think it's important to share how much of a positive difference she makes.

Did you know?



Purchase Hiawatha Homes Gear through March 21
<https://beckleysinc.chippily.com/Hiawathahomes/>

Payment Options

- ✓ Payroll Deduction (order form)
- ✓ Hiawatha Bucks (order form)
- ✓ Credit Card (online)

Using Payroll Deduction or Hiawatha Bucks?
Contact Jennifer Seitzinger via SComm or
jseitzinger@hiawathahomes.org to complete an order form.

NOMINATIONS

Nominate a Hiawatha Hero by visiting
hiawathahomes.org/employee-login

REFER A FRIEND

Refer an Employee by visiting
hiawathahomes.org/employee-login

New Team Members

Welcome to Hiawatha Homes!

Sueb Abdikadir

Maria Cole

Kaili Gathje

Autumn Kohler

Edith Soohn

Kenzie Suess

Faiza Yusuf

MARCH ANNIVERSARIES

Carol Graumann Matz - 38 years

Sahra Hussein - 17 years

Eva Kruah - 11 years

Lukman Tata - 10 years

Gabriel Decker - 7 years

Timothy Emmons - 6 years

Kelia Harris - 2 years

Sonia Elsaadany - 1 year

Arzyelle Phillips - 1 year

Brooke Swerdfiger - 1 year

Patrick White - 1 year

Dwedoh Williams - 1 year

HR Corner with Christopher Nelson, HR Director

Taking Care of Yourself While Supporting Others

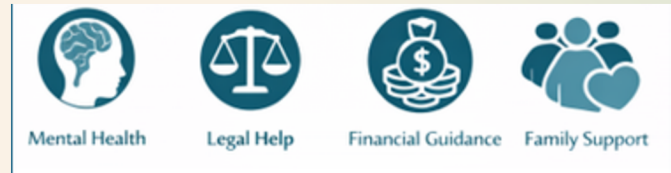
Quick Take

Taking care of others is part of our mission at Hiawatha Homes, but it's just as important to take care of yourself. Our Employee Assistance Program (EAP) with TELUS offers confidential help for you and members of your household with family support, counseling, financial guidance, legal support and more.

Every day, our team members support individuals and each other with compassion, patience, and dedication. The work we do is meaningful, but it can also be emotionally and mentally demanding. When we spend so much energy caring for others, it can be easy to forget to take care of ourselves.

Stress, family challenges, financial concerns, or personal health struggles can affect anyone. When these things build up without the proper support, they can impact our well-being, our families, and even our ability to do the work we care deeply about.

One way you can find ways to take care of yourself is with what Hiawatha Homes already provides access to; Employee Assistance Program (EAP). EAP is a completely confidential service Hiawatha Homes Pays for that is designed to support you and your household members when life becomes challenging.



Quick Take: HR Reminder

Taking care of others is part of our mission at Hiawatha Homes— but it's just as important to take care of yourself.

Our TELUS Employee Assistance Program (EAP) provides confidential support for you and your household members, including counseling, financial guidance, legal support, and more.

- ✓ Up to 5 free counseling sessions per issue
- ✓ Available 24/7/365
- ✓ Support for work, family, health, financial, and life challenges

📞 1-888-319-7819

How to Access the Program

Phone: 1-888-319-7819
(available 24/7/365)

Website: one.telushealth.com

Username: metlfeeap

Password: eap

Print and cutout this card to take with you or put on your wall or fridge.

How EAP Can Help



Mental Health



Legal Help



Financial Guidance



Family Support

Family

- Caring for an elderly family member
- Returning to work after a life event
- Marital or relationship struggles
- Challenging situations with children or behavior

Work

- Job stress
- Building relationships with coworkers or managers
- Adjusting to work changes

Everyday Life

- Moving and adjusting to a new community
- Grieving the loss of a loved one
- Military family matters
- Training a new pet
- Support after having a baby

Our program includes up to 5 confidential counseling sessions per issue for you and eligible members of your household.

Remember, taking care of yourself is not a luxury, it's an important part of continuing care for others. We understand that supporting and serving others requires self-care. We are here to support you. If you need time off for any of these reasons, you can tell your supervisor, manager, or human resources and you don't have to say what it is about; just that you need some self-care or time to take care of some family issues. And don't forget ESST (Earned Sick and Safe Time) would be used for some of these issues too. **You're too important to forget about taking care of you.**

Money

- Budgeting and financial planning
- Retirement guidance
- Buying or selling a home
- Tax questions

Legal Services

- Civil, personal, and family law issues
- Financial matters
- Real estate and estate planning

Health

- Coping with anxiety or depression
- Improving sleep
- Breaking habits such as smoking



“With a background in mental healthcare clinic management and Disability Justice advocacy and education, I have been eager to find a position that combines my experience with my passion. I am looking forward to having a tangible impact on the local disability community through my work with Hiawatha Homes.”

Autumn Kohler, HR Coordinator