



PARK RIVER ESTATES CARE CENTER NEWSLETTER

AUGUST 2015

August 2015

State Fair Days!
August 27th- September 7th

We will be serving special State
Fair treats at 3:00 in the Main
Dining Room August 31st-
September 4th!



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From your Administrator...

By Tom Pollock

There is light at the end of the tunnel!

Thank you again to all of you that took the time to call, email, or write letters to our Governor and legislators letting them know how important it is to care for our seniors through a different quality based payment system. We are grateful to our elected leaders for adopting significant payment reform this legislative session; and while the reform does mean increases in your daily rate to us, the investment will be worth it to allow us to meet the needs of those entrusted to our care. The Minnesota Department of Human Services is working on how to implement the new payment reform. They have informed us that our new system will be communicated to us by November 15, 2015. We will let you know what this means after that date. An added benefit to our employees is how the State of MN will pay for health care coverage. We have many employees that are single parents. The premiums for an employee plus child(ren) is very expensive. This results in the children being covered by Minnesota Care. Our state is willing to reimburse nursing homes more to cover employees and their families because fewer children will be on Minnesota Care. This will actually save the state (taxpayers) money.

Congressman Eric Paulsen

Our Congressman, Eric Paulsen, will be at Park River Estates Care Center on September 1, 2015 from 9:00 am - 10:00 am. The purpose of his visit is for our state association, Care Provider's of Minnesota, and myself to say thank you and to hold a fundraiser. The breakfast event will be held in either the chapel or the Transitional Care Suites dining room. Congressman Paulsen has always supported our seniors and wants to make sure that proposed laws are positive for those we care for. If you would like to meet Congressman Paulsen, please stop by on September 1st. We will know more about the location the closer the date is.

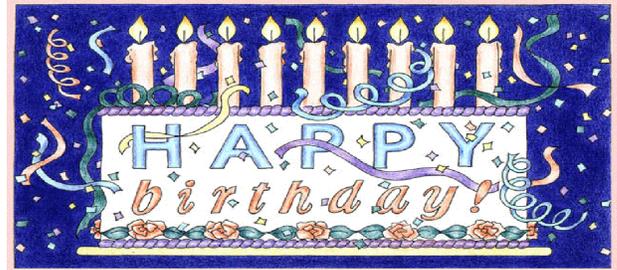
Policy on Business Ethics

Park River Estates Care Center has a Corporate Compliance Program which includes a business ethics policy. The policy was updated and distributed to all employees at the end of July. It states that *"Here are 12 principles that form the basis of PRECC's business ethics policy, and what you need to hold yourself accountable to: Honesty, Integrity, Keeping your promises, Loyalty, Fair, Caring, Respect, Obeying the law, Excellence, Being a leader, Morale, and Accountable"*. This is similar to Codes of Conduct or Codes of Ethics that other businesses might have. This is the foundation that takes PRECC to the success that it deserves to reach.

August Birthdays!

Happy Birthday to the following residents who celebrate their birthday in August!

Mark Carlson	August 14
Victoria Healy	August 16
Elaine Norgren	August 18
Rose Johnson	August 19
Skip Hovan	August 26
Mary Coyle	August 28



Hello...and Goodbye!

Welcome to Mildred Kelley, Margaret Zanke, Jerry Flynn, Jim Clark, Betty Farnham, Shirley Wilcox, Betty Lees and Robert Kohls who were admitted this month. Please greet them!

And best wishes to Bob Labatt, Joe Garthofner, Bruce Frank, Shirley Jensen, Kathy

Donahue, Ray Whitson, Shirley Turnbom and Don Wilson who were discharged this month. Also to Nancy Coyle, Caroline Huettl, Jackie Haugen and Ruth Baune who were with us a short time.

Resident Council

The meeting was held on Tuesday, July 14, 2015 at 3:00 p.m. Marilyn Cotton, Resident Council President called the meeting to order. The meeting began with the Pledge of Allegiance. Minutes of the last meeting were read and approved. Thirteen members were present.

There was no **Old Business**.

As **New Business**, Diana Olson reviewed upcoming events for July. The guest speaker was Sandy Heimer, RN, MDS Nurse. The MDS nurse reviews resident's charts, and programs their care needs into the computer. This information is then transmitted to the health department, and the health department informs Park River what the daily rate charge is for each residents care. All costs are regulated. Sandy also reviewed some of the cost for supplies and services Park River pays for with the payment we receive for your care. The MDS

nurses are involved in resident care conferences, and reviews each resident's care plan at their care conference. Thank you Sandy for speaking at the Resident Council Meeting!

Safety Concerns: There were no concerns at this time.

The meeting adjourned at 3:30 p.m.

The next meeting is scheduled for Tuesday, August 11, 2015 at 3:00 p.m. in the Welcome Room.

Diana Olson, Social Service Dir./Recorder

The Family Council will meet on August 11, 2015 at 1:30 p.m. in the Resident/Visitor lounge.

August Resident of the Month..... Congratulations to Theresa Filkins!

Theresa was selected by staff members and residents as our August resident of the month! Theresa moved to Park River Estates Care Center on May 23rd, 2013. Theresa has many things she loves to do, such as going shopping, socializing with friends, being outside, reading, and going to garage sales. Her favorite activities at Park River are Catholic services, bingo and manicures. Theresa's family is very important to her, and she feels lucky to be able to see them often. She loves that they come to church with her! Theresa is always smiling, happy and full of love! The staff and residents really enjoy being around her; she lights up the room with her fun personality and her laughter!
Congratulations, Theresa!

Nominations can be made for August Resident of the Month in the Activity Department!
Nominations can be made by residents, staff & family members.

First Annual Family Fun Night!

We are excited to announce that on August 26th at 7:00, we will be hosting a special magic show by David Farr! David is a renowned magician who has performed for over 20 years across the country! His clients include the Minnesota Twins, 3M, Wells Fargo, Audi and General Mills. He guarantees an interactive, fun and unforgettable show for all ages! All residents, family members and staff are welcome to come! His magic is guaranteed to amaze!!!



Chaplain's Corner

Why Worry?

Recently a resident talked to me about her concern for her friends who worry a lot. She reminded them that they can pray about their concerns. That's what she does and gives her worries to God. Apparently, that seemed too simplistic an answer for friends who worry. So I started thinking, how do we put aside our worries so they do not overtake us or consume our thinking thus leading to greater anxieties?

Pour out your heart to God

You can tell Him anything. You can tell Him everything. You can tell Him how upset you are, you can even tell Him how angry you are. God can handle it. The song lyrics remind: "If He carried the weight of the world upon his shoulders, I know that He will carry you" (Scott Wesley Brown). You will feel better after praying and be assured that the One who can do something about it heard you.

Leave your burden there

The challenge after pouring out our heart to God is to then leave it there—with Him. Worrying doesn't accomplish anything. Worry doesn't solve the problem. Do what you can, then leave it with God. (That's easier said than done!)

"Do not waste time worrying about things you cannot control. About 95% of all the things we worry about never happen, and the 5% that do are never as bad as we thought they would be. In the meantime, we spend days, weeks, months and even years worrying about things that never happen. If you can do something to make a difference, then do it. If you cannot change the outcome, then forget about it and do not worry" (accessed online 7-23-15 at www.muellerchiropractic.com/rest).

Monitor what comes into your mind

What do you allow into your mind through your eyes and ears? That affects your thoughts and contributes to worry. Do you worry about our nation? Many people do. Are you worried about the future? That is natural. But we can make choices to turn off the TV news for a while and shorten our watching hours. We also can choose what we will think about. Think about wonderful memories, or be thankful for the kind care-givers.

My mother used to quote this poem by Elizabeth Cheney: "The Robin and the Sparrow"
Said the robin to the sparrow, "I should really like to know,
Why these anxious human beings Rush about and worry so."
Said the sparrow to the robin, "Friend I think that it must be,
That they have no Heavenly Father, Such as cares for you and me."

Blessings,

- Chaplain Sherree Lane

Our Sympathies...

Rolande “Frenchy” Westerman was born on February 15th, 1927 in Paris, France to Victor and Jermaine. While bartending in France, she met her husband Orson, and moved to the United States. To this union, three children were born.

Frenchy had a love for music, dancing, socializing, her family and her friends. In her leisure time, she enjoyed playing bingo, card games, crossword puzzles, exercising, reading, singing, going for walks and being outdoors. She was always ready for new experiences and to make new memories. She had a real zest for life, and was a friend to all those who were blessed to know her.

Frenchy came to Park River Estates Care Center on February 22, 2015 and passed away on July 11 at the age of 88. She is preceded in death by her husband Orson, her brothers Roger and Roland, and her parents. She is survived by her children Monique (John), Jerry and Tom (Dawn), her sister Josiane, 6 grandchildren and 6 great grandchildren, several nieces and nephews and many friends.

Lillian Keck was born on November 11th, 1929 in Minneapolis to Henry and Leona LaPoint. After completing her education at Edison High School, she met her husband John and had nine children. They were married for 66 years.

Lillian enjoyed going to the casino, going out to eat, reading murder mysteries, and watching game shows, old movies, musicals, cooking shows and documentaries, socializing, collecting elephants and making new friends. Lillian said her greatest accomplishment in life was raising her nine wonderful children. She passed with them by her side.

Lillian came to Park River Estates on June 9th, 2015 and passed away on July 26th at the age of 85. She is survived by her children John, Frank,

Kathy, JoAnne, Lisa, Lori, Val, Danny and Jacquetta, 27 grandchildren and 37 great-grandchildren.

Harlan “Harley” Hoxie was born on May, 28th 1915. In his leisure time, he enjoyed playing bingo and gin rummy, reading the newspaper, listening to jazz and country music, traveling and watching sports games on TV. Harley was especially fond of animals.

While at Park River, Harley enjoyed the company of our staff and residents. He always said hello and had a gentle smile.

Harley came to Park River on May 19th, 2015 and passed away on July 23rd at the age of 100. He is survived by his nieces Carol and Renee.



We will hold a Memorial Service to remember **Frenchy, Lillian and Harley** on Sunday, August 2nd at 2:00 in the Park River Estates Chapel.



Key Facility Contacts:

Administrator.....Tom Pollock
Chaplain..... Sherree Lane
Director of Compensation.....Lori Jumper
Director of Food Services.....Karen Niles
Director of Nursing.....Valorie Derby
Director of Rehab.....Dawn Brotten
Health Records Supervisor.....Pamela Carpentier
Hskpg/Laundry Supervisor.....Becky Sutton
Maintenance Supervisor.....Walter Lehne
MDS Coordinator.....Sandy Heimer
Receptionist Supervisor.....Sandy Bayerl
Resident Accounts.....Marti Bullock
Resident Council President.....Marilyn Cotton
Social Services Director.....Diana Olson
Staff Development Director.....Sue Sellner
Therapeutic Rec./Activity Director/Vol. Coord...
.....Linnea Maki

News and Views
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Coon Rapids, MN 55433.
Park River Estates reserves the right to determine
what editorial appears in this newsletter.

Check out our web site!

You can find us at www.northcitieshealthcare.com.

This is the site for Park River Estates and our sister facility New Brighton Care Center. It contains information about the facilities and also the monthly newsletter and activity calendar.