



# FEBRUARY

2016

Ash Wednesday- February 10<sup>th</sup>

Sweetheart Dinner- February 11<sup>th</sup>

King & Queen of Hearts  
Coronation- February 12<sup>th</sup>

Valentine's Day- February 14<sup>th</sup>



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## From your Administrator...

By Tom Pollock

### Keeping your personal items safe & secure

It's heartbreaking for anyone to discover that a personal possession has gone missing. We can't stress it enough to make sure your personal possessions are safe & secure. There are lock boxes in each room. Please see Chris Neely or Judy Estensen for a key. We recently had an iPad go missing. I reviewed our security camera footage with no results. The owner did have the "Find my iPad device" application on the iPad in hopes to locate it if and when it's turned on. We do suggest that if there is a piece of jewelry, take it home and replace it with something less expensive. Over the years, we have accumulated 20 rings, 2 necklaces, 3 pairs of earrings, 1 cross, 1 bracelet, 1 brooch, and \$101 in bills and change. We even currently have over 27 pieces of unmarked clothing. The clothing is on a rack and placed by the front receptionist desk on weekends for residents/patients/families to identify. We also encourage patients & residents to mark their eye glasses, dentures and hearing aids. We currently have 5 pairs of unmarked eye glasses that we are trying to find the rightful owner. On the inside cover of our Resident Guide given to all upon admission includes our statement that Park River Estates is not responsible for any missing personal item including, but not limited to, clothing, glasses, hearing aids, dentures and jewelry.

### New Resident Bill of Rights

The Minnesota Department of Health (MDH) discovered that our current Resident Bill of Rights (which was approved previously by MDH) does not have all of the federal language in it. Therefore, we are to issue the new Resident Bill of Rights to all current residents no later than March 1, 2016. The new version is larger type and is 19 pages long compared to the current version of 3 pages.

### Business Ethics-Our Sixth Principle Respect

Being ethical means treating everyone with respect, demonstrating this by being courteous and having an equal treatment of people regardless of who they are. Respect is given because everyone deserves dignity, privacy and rights, and they adhere to the rule that you must strive to treat others the way you would like to be treated.

# February Birthdays!

Marilyn Steger  
Harry Schoen  
Val Lee  
Bev Pavcik  
Marilyn Cotton  
Janice Humphrey  
Roger Hagedorn

February 1<sup>st</sup>  
February 4<sup>th</sup>  
February 11<sup>th</sup>  
February 20<sup>th</sup>  
February 24<sup>th</sup>  
February 26<sup>th</sup>  
February 28<sup>th</sup>



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## Hello...and Goodbye!

Welcome to Barbara Wyman, Lois Pollock, Jean Langlois, Jack Phillips, Shelby Fuerstenberg, Julene Joyce, Helen Palzer, Bev Ubl, Roger Nelson & Theodore Winczeski who were admitted this month. Please greet them!

And best wishes to Beverly Knoll, Laura Carlson, Kay Scherven, Anne Hinrichsen & Kathy Canfield who were discharged this month. Also to Diana Morgan & Dorothy Hall who were with us a short time.

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## Resident Council

**Resident Council Meeting:** Tuesday January 12th, 2016 3:00 p.m.

**Those present:** Marilyn Cotton, President; Mary Notsch; Dell Little; Rick Zeck; Ruby Wellman; Harry Schoen; Elaine Norgren; Lavina Olson; Lula Hagen; MaryAnn VanHecke; Elaine Vargas; Bev Pavcik; Hope Holmes; Chris Neely, LSW; & Linnea Maki, ADPC. Marilyn Cotton called the meeting to order. The members stated the Pledge of Allegiance. The minutes from the last meeting were read.

**Old Business:** No old business.

**New Business:**

Resident Right # 3 "Appropriate Health Care" was read. Marilyn Cotton suggested a women's only tea group once a month and also starting a men's group. This topic will be further discussed at the Activity Planning Meeting scheduled on 1/27/16. Marilyn also suggested serving refreshments for family members after the monthly Memorial Service. This will begin in February. Marilyn requested for Chris Neely to arrange guest speakers at Resident Council Meetings, such as

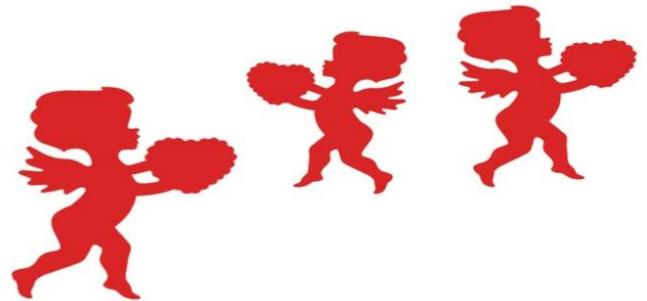
someone from the American Cancer Society. Chris will look into this.

**Safety Concerns:**

No safety concerns at this time.

The meeting was adjourned at 3:40 p.m.

The next meeting is scheduled for Tuesday, February 9<sup>th</sup> 2016 at 3:00 p.m. in the Welcome Room.



# FEBRUARY

## **Sweetheart Dinner (by invitation)**

We will be hosting a Sweetheart Dinner on **Thursday, February 11<sup>th</sup> at 12 noon in the Park River Estates Chapel for married couples in Long Term Care.** A romantic dinner will be served with a musical performance by David Allen. Please watch for your invitation in the mail, and let Linnea Maki know if you will, or will not be attending. **Please RSVP by February 5<sup>th</sup>.**

## **Valentine's Day Meal**

In celebration of Valentine's Day, our residents will be served an elegant meal on **February 11<sup>th</sup>,** and be entertained with a musical performance by Karen Hillman at **12 noon in the main dining room.** Our Administrator Tom Pollock will be grilling Ribeye Steaks, accompanied by twice baked potatoes, brown sugar and honey glazed carrots and a white chocolate and raspberry layer cake for dessert!

## **Coronation of the 2016 King and Queen of Hearts**

Residents and staff will have an opportunity to vote for their choice for our King & Queen of Hearts! One male and one female resident will be selected by popular vote to reign for a year as the King and Queen of Hearts of Park River Estates Care Center. The coronation will take place on Friday, February 12<sup>th</sup> at 2:30 in the main dining room. Voting closes on Thursday, February 11<sup>th</sup>. Please see the receptionist desk for a ballot.

## **Resident of the Month**

### **Congratulations, Florence Mikolajczyk!**

Florence was selected by staff and residents as our February Resident of the Month!

Florence always has a smile on her face, and has a vibrant personality, we are so happy to have her at Park River! Florence is very fashion forward, and always dresses sharp. It is easy to see that she worked in retail fashion stores in Nicollet Mall for many years. She is a big fan of Minnesota sports teams and enjoys watching them play. She also likes watching Dancing with the Stars, Sex and the City (for the fashion!) and other Hollywood shows. In her spare time, Florence enjoys visiting with her daughter Ginger, socializing with her roommate Mary and her other friends, reading fashion magazines, romance novels and exercising. Florence enjoys going to music programs, Happy Hour, Bingo and Exercise Group at Park River. She is always happy, energetic, outgoing and just a positive person! She is fun, loving and a wonderful person. Congratulations, Florence!

**Nominations can be made for our March Resident of the Month in the Activity Department!**



## Chaplain's Corner

### Rewards of Friendship

It never ceases to amaze me how people make friends at every stage of life. I enjoy observing residents and family members sitting in the activity room or around the table talking and enjoying just being together. Making new friends means so much—we share common life experiences—we share in another's joys and burdens. Friendships are to be highly valued. When we lose a friend it hurts. When my roommate moved out and got married, I was sad for a time because it meant our friendship would change. I would not see her or talk with her as much. But then I remembered other friends whom I can call and enjoy.

Friendship takes some effort. Love and friendship isn't only something we receive, it is something we give. And in order to have a good friend one must be friendly (King Solomon). There is great value in friendship because people sharpen each other (King Solomon).

In February we think more about love and friendship. What can I do to be a good friend? Be present, be interested, and maybe even say a prayer for your friend. Friendship and love can make a huge difference in our outlook, for we know we are valued.

Scripture reminds of the qualities of true love:

Love is patient and kind. Love is not jealous or boastful or proud or rude. It does not demand its own way. It is not irritable, and it keeps no record of being wronged. It does not rejoice about injustice but rejoices whenever the truth wins out. Love never gives up, never loses faith, is always hopeful, and endures through every circumstance.  
(1 Corinthians 13:4-7)

+Chaplain Sherree Lane



## In Memory....

Faith Aarestad was born on October 18<sup>th</sup>, 1930 to Glenn and Ione McWilliams in Souix City, Iowa. She traveled and lived many places, but considered her home to be Kircksville, Missouri. She worked doing “a little bit of everything” but she said her favorite job was being a mom to her two children, Randy and Faith Elaine. She married Clarence in 1972, and they resided in Cumberland, Wisconsin. She returned to Minnesota after he passed away to be near her children.

Faith taught herself to play the keyboard and was a talented musician; she especially loved to play hymns. She had a beautiful singing voice and instilled her love of music into her children. She loved to attend music programs, manicures and receive pet therapy visits at Park River. Faith had the prettiest, most trusting eyes, and the most beautiful smile. Faith had a heart of gold and was a good friend and a wonderful mother. She was loved very much by all of us at Park River.

Faith came to Park River Estates on January 13<sup>th</sup>, 2015 and passed away on January 10<sup>th</sup> at the age of 86. Her family was by her side.

Marilyn Anderson was born to Peter and Caroline Tema on Leap Year 1932. She grew up in Columbia Heights, where she quickly became a pillar of the community. At the age of 18 she opened her own dance studio, which she owned for 35 years. While juggling her career and raising 5 children, Marilyn also pursued another passion of hers, by earning her college degree in Interior Design. Even when she was diagnosed with Multiple Sclerosis, she never let it slow her down. She continued dancing, teaching and working as long as she was physically able. Her ability to persevere throughout her life was admirable.

At Park River, Marilyn enjoyed going to music and dance programs, playing bingo, going to church services, receiving manicures and doing crafts. She also enjoyed reading, watching Wheel of Fortune and watching Dancing with the Stars in her spare time. She was known for her great sense of humor and impeccable style.

Marilyn came to Park River on October 3<sup>rd</sup>, 2014 and passed away at the age of 83 on January 14<sup>th</sup>, surrounded by her family.

A memorial service will be held in remembrance of **Faith & Marilyn** on **Sunday March 7<sup>th</sup>** at 2:00 in the Park River Estates Chapel.

*“Don’t think of them as gone away,  
Their journey has just begun.  
Life holds so many facets,  
This Earth is only one.”*

## 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.....Chris Neely  
Staff Development Director.....Sue Sellner  
Therapeutic Recreation Dir./Volunteer Coordinator  
.....Linnea Maki

### News and Views

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Park River Estates residents. Families, volunteers  
and friends of Park River Estates Care Center can  
find us online at [www.northcitieshealthcare.com](http://www.northcitieshealthcare.com).

### Editorial Policy:

All articles should be directed to  
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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](http://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.