



JANUARY

2015

New Years Day- January 1st

Martin Luther King Jr. Day-
January 18th



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From your Administrator...

By Tom Pollock

New Payment Rates Attract New Employees

As I mentioned last month, the new value based purchasing system for what we get paid is how our daily rates are determined. There is a quality score that each nursing home is evaluated on which ultimately determines how much we get paid. The quality score consists of Satisfaction Surveys (50%), Quality Indicators (40%), and State Survey (10%). We scored very high so more funding is available to us.

How has the higher payment rates benefited you? During the first couple of weeks in November, we informed the employees what their raises would be. Keep in mind that we were only able to give employees \$0.23/hour in 2013 and \$0.09/hour in 2014. The average raise effective January 1, 2016 is over \$3.00/hour or 21%. We included the new wage rate effective 1/1/16 in employment ads mid-November. The result? We have hired 19 nursing assistants, 1 Registered Nurse, 1 Licensed Practical Nurse, 1 cook, 1 dietary aide and 2 receptionists.

For years I have attended seminars on how to attract and retain employees. "They" say that wages are number 7 or 8 on a list of what is important to employees. I don't know what group of employees that were surveyed, but it certainly was not nursing home employees.

Again, I can't thank everyone enough that contacted their legislators and our Governor to let them know how important it was to pay employees more for what they do 24 hours per day 7 days a week, 365 days per year.

Business Ethics-Our Fifth Principle

"Caring"

This involves having a genuine concern for others, as well as a sense of compassion. An ethical employee is caring, benevolent and kind to patients, residents, families, and staff, and seeks to reach their goals while causing the least amount of harm and the greatest amount of good. Being caring means understanding that there will be an impact on every stakeholder following a decision, and they always consider the financial, emotional and long term business consequences of an action. They don't simply discount the needs of others.

Have a very Happy New Year!!

January Birthdays!

Verra Hudson
Hope Holmes
Mary Huseman
Donna Klein
Raquel Chavez-Alavon
Mary Millette
Marilee Soderquist
Kenneth Johnson

January 8th
January 10th
January 13th
January 13th
January 21st
January 22nd
January 22nd
January 29th



Hello...and Goodbye!

Welcome to Kathy Canfield, Nancy Blum, Bill Dilks, Shorty Thor, Connie Meyers & Kay Scherven who were admitted this month. Please greet them!
And best wishes to Rosa Willis, Margaret Morgantini, Marlene Herzuck, Darlene Wehner, Norbert Vogel, Helen Johns, Sue Smith, Bev Ubl &

Maria Castillo who were discharged this month. Also to David Hughes, Dale Helsi, Virginia Clark, Sofii Voroniuk, Ray Schlegel, Tom Hodgman & Nola Quigley who were with us a short time.

Resident Council

Resident Council Meeting: Tuesday December 8th, 2015 3:00 p.m.

Those present: Elaine Vargas, Bev Pavcik, Mary Notsch, Helen Johnson, Elaine Norgren, MaryAnn VanHecke and Chris Neely, LSW.

Chris Neely called the meeting to order. The members stated the Pledge of Allegiance. The minutes from the last meeting were read.

Old Business:

The council discussed organizing a Food Shelf donation at Park River. This will be discussed again at a later date.

New Business:

The Council members wanted to have a "Toys for Tots" collection box. Chris Neely put a box for donations in front of the Social Services office on December 8th. Chris went over Resident Rights # 2 "Courteous Treatment."

Safety Concerns:

No safety concerns at this time.

The meeting was adjourned at 3:25 p.m.
The next meeting is scheduled for Tuesday, January 12th 2015 at 3:00 p.m. in the Welcome Room.



January

January Lunch-In

We will be ordering Lunch-In on January 15th from Pizza Hut! Those who order will eat in the Chapel. Orders must be in and paid in full by January 13th. Please see the Activity Department for menu options and to sign up!

Independent Leisure Supplies

The Activity Department offers a variety of independent leisure supplies for our residents to enjoy. We supply books, magazines, newspapers, cards, dice, board games, jigsaw puzzles, crosswords, word searches and craft materials. All residents are welcome to stop by anytime and pick up what they need. As we ring in the New Year, lots of us are cleaning out our homes, getting rid of the “old” and bringing in the “new.” If you are contemplating throwing out your old puzzles, board games, or craft materials, feel free to drop them off in the Activity Department for our residents to use!

Sharing Tree

A special thank you to all of you who donated items for the Sharing Tree! Together we collected 141 items for the children of Head Start. Many kids will have the hats, mittens, jackets, boots and scarves they need to keep warm this winter because of your generosity!

Resident of the Month

Congratulations, Mark Carlson!

Mark was selected by staff and residents as our January Resident of the Month!

Mark grew up in Mayville, North Dakota where he attended high school and college. He served honorably in the Army, where he was stationed in Fort Bragg. He continued to serve in the Reserves for many years after that. Mark owned his own trucking business and has traveled all over the country. He especially loves Florida. He loves playing golf and is an expert fisherman. Mark has many fond memories of spending time at his cabin outside of Alexandria.

Mark enjoys Vince Flynn novels and mystery books, watching “Moonshiners”, “Alaskan Gold Rush” “Deadliest Catch” and “American Pickers” on TV, listening to country and rock music, watching sports games, his cat Kramer, eating pizza and being outdoors. He enjoys going to Happy Hour and listening to music programs at Park River.

The staff and residents love Mark’s kind smile and his sweet nature. He is always happy and has a great sense of humor. He is a special and charismatic guy and he is loved by all of us at Park River! Congratulations Mark!

Nominations can be made for February Resident of the Month in the Activity Department!



Chaplain's Corner

What Would I Have Done if I Knew What I Know Now?

One day my mother told me she felt bad that she didn't help her mother milk cows as a teenager. In looking back she wished she could re-do the experience and correct it. I didn't know where Mother was headed with her reasoning, I know now Mother was in the process of "life review."

At the New Year, it seems we each do a bit of life review. What did the past year hold? How did I respond? Do I want to change my responses? We are each given just one time through this life. We can't re-do those earlier experiences. Thankfully, we can ask for Christ's forgiveness of those painful memories and move forward (and forgive ourselves). And remember, we do take the experiences and wisdom from the past with us into these new moments, this New Year.

As I think back over the year 2015, I remember answered prayers. Yes, there were challenges but God gave me courage to face them. Perhaps, you remember similar experiences, answers to prayer, times God helped you through.

The New Year poses a time of re-evaluation. Most New Year's resolutions are broken in the first month. Yet, we can still make "course-corrections" while we have breath. We can be intentional about creating memorable moments with the family; trusting God when we are afraid; and attending spiritual programs where we receive strength for the day. Christmas is over, but He is still "God with us."

Erma Bombeck said it so well:

If I had my life to live over, I would have talked less and listened more.

I would have eaten the popcorn in the 'good' living room and worried much less about the dirt when someone wanted to light a fire in the fireplace.

I would have taken the time to listen to my grandfather ramble about his youth.

I would have burned the pink candle sculpted like a rose before it melted in storage.

I would have cried and laughed less while watching television - and more while watching life. I would have gone to bed when I was sick instead of pretending the earth would go into a holding pattern if I weren't there for the day.

When my kids kissed me impetuously, I would never have said, "Later. Now go get washed up for dinner."

There would have been more "I love you's"...More "I'm sorrys"...

But mostly, given another shot at life, I would seize every minute... look at it and really see it ... live it...and never give it back. (Selections from Bombeck, Erma. "If I Had My Life to Live Over." *KaliMonro.com*. Kali Monroe Psychotherapist, accessed 12/21/15.)

Happy New Year! And try not to be too hard on yourself. God has provided the best gift in Christ Jesus. I hope you have accepted his gift of eternal life.

Happy to be your chaplain,
+ Pastor Sherree Lane

In Memory....

Fr. John Francis Riley was born to Michael and Marjorie Riley on November 8th, 1928. After his calling to become a Priest, he attended St. Ambrose College and St. Paul Seminary. He was ordained into the Archdiocese of St. Paul and Minneapolis on May 30th, 1955. He went on to further his education, earning his M.A. in 1961 and his P.H.D in 1964. He taught in the Religion Department at St. Thomas University from 1957-1969 where he was also the Chair of the Department of Theology from 1967-1969. He left St. Thomas to serve as an associate Professor at Augsburg College, and later returned to St. Thomas to teach until his retirement in 1993. He also served as a Pastor at Saint Joan of Arc from 1955-1957 and at Our Lady of Perpetual Help from 1972-1980.

Father John Francis Riley came to Park River on November 20th, 2015 and passed away the following day at the age of 87. He is missed by his family and remembered by the hundreds of students he taught, and lives he impacted.

Luella "Lu" Zahler was born in rural Nebraska, to William and Dagny Hansen on January 16th, 1924. She graduated school and married her love Harry in August 1943. Together they had three children and settled in Coon Rapids.

In her leisure time, she enjoyed gardening, sewing, going to church, playing the piano, playing cards, listening to spiritual and old time music, going for walks outdoors and reading. She especially loved being with her family and her grandchildren.

Lu was a compassionate and loving caregiver. She dedicated her life to being a mother and working with the elderly and Alzheimer's patients as a Home Health Aide. She had the remarkable ability to make all those in her presence feel loved and cared for, even if they were a stranger.

Lu came to Park River on November 10th, 2011 and passed away on November 21st with her loving family by her side. At 91 years old, she lived a full life and a life full of love. She is deeply missed by her children and their families.

Howard Wilson was born in his parent's home in Minneapolis on November 21st, 1928. He attended school in a one room school house and also helped support his parents and 5 siblings by working on his grandfather's farm in Springbrook, Wisconsin. Howard suffered injuries in young adulthood, as the result of a horrible accident. He heroically saved a woman from being struck by a car, sustaining injuries himself. As the result of being hit by the car, Howard suffered significant hearing loss, which progressed throughout his life. He didn't talk much to people about what happened, but Howard's heroic act saved the woman's life.

Howard was drafted in the Army, where he was unable to serve due to his hearing loss. He was honorably discharged and went on to work in Maintenance at HCMC. It took Howard almost two hours to walk to and from work, and he did this every day until his retirement.

Howard enjoyed fishing, feeding squirrels, watching westerns, Minnesota sports teams and working on jigsaw puzzles. All week long he looked forward to seeing his brother, sister-in-law and nephew on Sundays. They were able to bring him to a Twins game at Target Field this past summer, and he talked often about how it was one of the most memorable days of his life.

Howard came to Park River on April 26th 2007 and passed away on December 8th, holding hands with people who loved him.

Shirley Daudt came to Park River's TCU on December 11th, 2015 and passed away comfortably on December 25th at the age of 79. Her family was by her side.

Margaret Ruud came to Park River on December 22nd 2015 and passed away suddenly on December 29th at the age of 86. She is deeply missed by her family.

A memorial service will be held in remembrance of **John, Luella, Howard, Shirley & Margaret** on **Sunday January 3rd** 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.....Chris Neely
Staff Development Director.....Sue Sellner
Therapeutic Recreation Dir./Volunteer Coordinator
.....Linnea Maki

News and Views

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Linnea Maki, Newsletter Editor,
Park River Estates Care Center
9899 Avocet St. NW
Coon Rapids, MN 55433.
Email: lmaki@parkriverestates.com
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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.