



PARK RIVER ESTATES CARE CENTER

# JULY 2015

## NEWSLETTER

### July 2015

Independence Day  
July 4, 2015



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## From Your Administrator...

By Tom Pollock

### AHCA/NCAL CONGRESSIONAL BRIEFING

Last month, I attended the American Health Care Association (AHCA)/National Centers for Assisted Living (NCAL) congressional briefing in Washington, DC. Park River Estates Care Center's national association is AHCA. I was joined by 13 colleagues from Minnesota plus 400 colleagues nationwide from June 14-16 so we could meet with members of congress. We discussed several areas that pointed out "we are the solution". Those areas are:

- **Quality** - As congress attempts to address fiscal challenges, Members of Congress should recognize the strides skilled nursing providers are making. For example, in 2012, AHCA launched a quality initiative to safely reduce hospital readmissions and to safely reduce off-label use of antipsychotics. Since 2012, AHCA members have prevented over 40,000 re-hospitalizations and eliminated off-label antipsychotic use for 33,000 individuals.
- **Observation Stays** - A three-day in-patient hospital stay is required for patients to be admitted to a skilled nursing facility under Medicare Part A. Observation days are considered outpatient, not in-patient. Hospitals are penalized if a person is re-hospitalized within 30 days of being discharged as an in-patient. However, if a patient is not "Admitted as an in-patient" and is re-hospitalized within 30 days, the hospital is not penalized financially. There was a 34% increase in the use of observation stays from 2007-2009. In 2012, Medicare beneficiaries had 617,702 hospital stays that lasted 3 nights and not all three nights were counted as inpatient. This resulted in all stays not qualifying for skilled nursing services. We asked members of congress to support a bill that allows each night to count towards the 3-day stay. Even the American Hospital Association supports this bill.
- **Veterans Access to Extended Care** - Currently, when the VA contracts with nursing home, the nursing home is considered a federal contractor. The number of added regulation for a VA contract is outrageous. That is way we dropped our contract in 2007. We asked members of congress to change the VA contract to a VA agreement. This would be the same as Medicare & Medicaid.
- **Stop Using Medicare as a "Pay-for"** - There was recently a Trade Bill that had nothing to do with Medicare, but a line in the bill had Medicare funds paying for a portion of it. This is wrong. Our understanding is that line was removed from the bill.

It does pay to let our legislators know what we think. If constituents don't speak up, legislators will assume everything is fine.

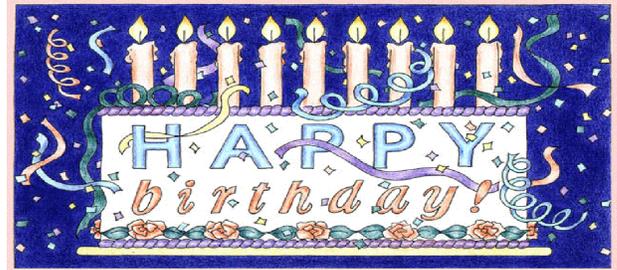
### Time Flies

2015 is half over and it's time to celebrate our independence. Have a safe 4th of July and remember to thank a veteran for your independence and freedom!

# July Birthdays!

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

MaryAnn VanHecke	July 9
Elaine Vargas	July 15
Kathy Enge	July 29
Dell Little	July 31



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## Hello...and Goodbye!

Welcome to Veldon Burkle, Ray Whitson, Shirley Turnbom, Lillian Keck, Lavina Olson, Don Wilson, Suzanne Thompson, Bruce Frank, Ron Gageby and Kathy Donahue who were admitted this month. Please greet them!

And best wishes to Lois Johnson, Carol Peck,

Beverly Holmstrom, Sandy Schirmers, Don Kuusisto, Jerry Lyman and Mary Lou Bones who were discharged this month. Also to Marcella Buckmaster, Lorraine Dye, Lara Bolander, Betsy Hathaway and Jenny Dietz who were with us a short time.

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## Resident Council

The meeting was held on Tuesday, June 9, 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. Eleven members were present.

There was no **Old Business**.

As **New Business**, Diana Olson reviewed upcoming events for June. Diana discussed Residents Rights numbers eight and nine. Number eight states that Residents have the right to be cared for with reasonable regularity and continuity of staff as far as facility policy allows. Residents Rights number nine states that competent residents have the right to refuse medical treatment, medications and dietary restrictions. For more information on Residents Rights, see Diana or Judy in Social Services. Residents Rights are also posted by the Social Service office.

Linnea Maki was the guest speaker at the Resident Council meeting. Linnea is the new Activity Director and Volunteer Coordinator. Linnea informed the council members of new activity programs and the new activity schedule that will begin in July. The council members are looking forward to new and exciting activities!

**Safety Concerns:** There were no concerns at this time.

The meeting adjourned at 3:30 p.m.

The next meeting is scheduled for Tuesday, July 14, 2015 at 3:00 p.m. in the Welcome Room.

Diana Olson, Social Service Dir./Recorder

The **Family Council** will meet on July 14, 2015 at 1:30 p.m. in the Resident/Visitor lounge.



## What motivates us in the morning?

We wanted to offer an activity that was an open forum, where we can meet and start our day off together in an uplifting and positive way! Starting in July, we will have a program called **Morning Motivations**, at 9:00 a.m., seven days a week. This is a way for us to get our minds and bodies energized and ready for the day!

Everyone has a different routine in the morning and different things they like to do to get them motivated. It might be reading the newspaper, doing a crossword puzzle, playing a card game to get your mind moving, listening to music, painting a picture, working on a jigsaw puzzle, planting flowers, putting on make-up, cleaning your jewelry, having your hair styled, socializing with other residents, or relaxing with a cup of coffee in the courtyard! Whatever you like to do to start your day, we want to do with you! If you need assistance with your make-up and hair, we are here to help! Let's start our day off together, at 9:00, in the Activity Room and Courtyard!

## Benefits of Exercise!

As you look over the activity calendar for the month of July, you will notice that the schedule has been slightly changed. One of the changes is that Exercise Group has now been added 7 days a week. Why is this important? Physicians recommend 200 minutes of moderate exercise a week for seniors over 65! That number sounds like a lot, but divide that by 7 days a week, and it averages out to 30 minutes a day! Studies show that not only is daily exercise beneficial to us physically, but it is also beneficial to us mentally as well. Let's break down a few of the benefits!

**Immune Function** – A healthy, strong body fights off infection and sickness more easily and more quickly.

**Cardio-Respiratory and Cardiovascular Function** – Regular physical activity lowers risk of heart disease and high blood pressure. If you have hypertension, exercise will lower blood pressure.

**Bone Density/Osteoporosis** – Exercise protects against loss in bone mass. Better bone density will reduce the risk of osteoporosis and lowers risk of falling and broken bones. Research has determined that strength training can dramatically reduce the loss of bone mass, help restore bones, and contribute to better balance and less fractures.

**Chronic Conditions and Cancer** – Regular physical activity lowers risk of Alzheimer's disease and dementia, diabetes, obesity, heart disease, osteoporosis and cancer to name just a few. It also helps in the management of high cholesterol and arthritis pain.

30 minutes of exercise daily is vital to our health both physically and mentally. Let's keep our bodies and minds active together! Please join us at 11:15 in the Fireside Lounge for Exercise Group!

- Linnea Maki



# Chaplain's Corner

## Musings for Independence Day

Roll out the fireworks, it is time to celebrate. The United States officially turns 239 years old this July 4<sup>th</sup>. We celebrate the day our Declaration of Independence was signed declaring America's independence from British rule. How wonderful it is to be independent!

Independence for America's founding fathers related to rights all people have "...certain unalienable rights, that among these are life, liberty and the pursuit of happiness" and these were given by our Creator (*Declaration of Independence*). These rights of free expression of religion, freedom of speech, and more were guaranteed in our Constitution.

What does it mean to be independent? Does it mean we answer to no one? Does it mean we have the right to do only what we want to do? As a nation we have the autonomy to govern ourselves; as citizens we must live within the bounds of the law. Independence is a good thing when we are free from overbearing and destructive leadership or laws. But independence can be taken too far, if it becomes license for the individual or government to harm others.

We humans have a tendency to want our own way. From the beginning humans have rebelled against God's established rules. And that set the trajectory for our world that has increasingly turned away from God. But, instead of our moral self-independence bringing the freedom we crave, humankind's throwing off of restraint has led us down the wrong pathway morally. So it necessitated Jesus Christ's coming, from God the Father. He came to free us from the bonds of selfishness and enslavement to evil. When we follow Christ, we are truly free, free from sin's hold on us. Now that's true inner freedom.

America, 'the land of the free and the home of the brave,' still faces enemies within and without that threaten our freedoms and our very soul. It is more imperative than ever that we pray for our nation. Will you join me in prayer for our nation?

Our Father and Our God,

We praise You for Your goodness to our nation, giving us blessings far beyond what we deserve. Yet we know all is not right with America. We deeply need a moral and spiritual renewal to help us meet the many problems we face.

Convict us of sin. Help us to turn to You in repentance and faith. Set our feet on the path of Your righteousness and peace.

We pray today for our nation's leaders. Give them the wisdom to know what is right, and the courage to do it.

You have said, "Blessed is the nation whose God is the Lord." May this be a new era for America, as we humble ourselves and acknowledge You alone as our Savior and Lord.

This we pray in Your holy name, Amen. --Billy Graham

(Graham, Billy. "A Prayer for America." [www.nationaldayofprayer.com](http://www.nationaldayofprayer.com). Published 20<sup>th</sup> January, 2015. accessed 19<sup>th</sup> June, 2015.)

- Starting July 10<sup>th</sup>, I will be hosting a Bible Study every other Friday in the Chapel at 3:30. I look forward to seeing you there!

- *Chaplain Sherree Lane*

# July Resident of the Month..... Congratulations to Helen Johnson!

Helen was selected by staff members as our first resident of the month! Helen moved to Park River Estates Care Center on January 2<sup>nd</sup>, 2015. In her leisure time, Helen enjoys crossword puzzles, playing cards, reading the paper, fresh flowers, collecting Shirley Temple dolls, relaxing in her room and going outdoors in our courtyard. Helen was a homemaker, and she is thankful that she was able to raise her seven children and had the opportunity to watch them grow. Helen's philosophy is to "take life as it comes!" Helen enjoys many activities here, especially Bingo, Bean Bag Toss, Golfing, Exercise Group and Trivia games. The staff members at Park River really enjoy her smile and her kind heart. Helen says she enjoys living here because of the caring staff and friends she has made. "You all make me feel like I'm special, not just a number."- Helen



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



## July Lunch-In!

We will be having Lunch-In on July 17<sup>th</sup> this month! Lunch will be ordered from Dairy Queen, and will be eating together in the Chapel. Menu options are posted in the Activity Room. All orders must be in and paid in full by July 14<sup>th</sup>. Stop by the Activity Room to sign up!

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

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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](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.