

JUNE NEWSLETTER 2015



June 2015

Flag Day

June 14, 2015



Father's Day

June 21, 2015



Administrator	p. 1
Birthdays	p. 2
New Residents	p. 2
Resident Council	p. 2
Miscellaneous	p. 3
Activity Calendar	p. 4
Chaplain	p. 6
Sympathies	p. 7

From Your Administrator...

By Tom Pollock

Will Governor Dayton also veto the HHS Bill?

At the time of writing my article, the legislature adjourned and the bills were sent to Governor Dayton for his signature or veto one or more of the bills. He has already vetoed the education bill because he is demanding \$150 million for 4 year old half day preschool. Now, there is \$1 billion left for the reserve so the \$150 million is possible. We did receive word that the Governor did sign the Health and Human Services (HHS) bill. The HHS bill does include \$134 million over 2 years for rate increases to nursing homes. Provisions in the bill pay nursing homes based upon Quality Indicator scores, staffing, satisfaction surveys and state surveys. Therefore, nursing homes that are not "Quality minded" will receive less of an increase. This bill was approved by both the House and Senate with Democrats and Republicans in agreement. I have stated in the past that the average COST for nursing home care is \$204 per day per resident. Minnesota's Medicaid program ONLY pays \$170 per resident per day. The difference of \$34 per day may not sound like very much, however, this is equal to almost \$700,000 per nursing home per year where they are paid less than what their cost is. That is why we saw 3 more nursing homes close this year and the State of MN had to take over 2 other nursing homes because the companies that owned them did not have any money to keep them operating.

What this potential change will do is for all nursing homes to pay their staff higher wages in order to attract and retain excellent caregivers. This will give us the opportunity to be more competitive even with Aldi Grocery Stores who pay their employee \$15/hour after 2 years of employment where our average wage after 2 years is only \$11.75/hour. For years, I have been told by legislators that if our state had a surplus, they would help us. The legislators did deliver. Now the Governor has too.

Thank you Vicki Petersen!

May 29, 2015. This was that last day Vicki worked at Park River Estates CC. Vicki started here in October 1973, took 1 year and a half off in 1983-1984, and returned to complete her career here. Words can't express the thanks for Vicki's 40 years of dedication to our residents, patients, families and volunteers!! We wish Vicki well on her retirement!

Happy Father's Day. I hope you are as fortunate to have a great Dad like I do!

June Birthdays

Happy Birthday to the following residents who celebrate their birthday in June:



Ken Schendel	June 16
Dolores Tillman	June 21
Elvie Rousu	June 25

Hello...and Goodbye!

Welcome to **Bob Labatt, Lorraine Dye, Mary Lou Bones, Shirley Jenson, Lavina Olson, Joe Gartholfner, Don Kuusisto, Carole Peck, Harlan Hoxie, Jerome Lyman and Dorothy Johnston** who were admitted this month. Please greet them!
And best wishes to **Ken Krueger, Lois**

Pollock, Shirley Curley, Ellie Thompson, Gene Swaja and Bill Brown who were discharged this month, and to **Tom Cronin, Ed Hustad, Tony Swenson, Catherine Scherven and Les Olson** who were with us a short time.

Resident Council

The meeting was held on Tuesday, May 12, 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. Ten members were present.

There was no **Old Business**.

As **New Business**, Diana Olson reviewed upcoming events for National Nursing Home Week. She reviewed Resident's Rights numbers 6 and 7. Number 6 states that all residents have the right to get medical information about their care, diagnosis, treatment risks and prognosis. Residents have the right to choose their own physician, but if you do have a doctor outside of the facility you must have a family member go with you, and follow state regulations regarding doctor visits. Number 7 states

that all residents have the right to participate in their plan of treatment, including discussing treatment options with the doctor, and attending Care Conferences. For more information, see Pam Carpentier in Medical Records.

Safety Concerns: There were no concerns at this time.

The meeting adjourned at 3:30 p.m.

The next meeting is scheduled for Tuesday, June 9, 2015 at 3:00 p.m. in the Welcome Room.

Diana Olson, Social Service Dir./Recorder

The **Family Council** will meet on June 9, 2015 at 1:30 p.m. in the Resident/Visitor lounge.

Opening of our Courtyard



We would like to invite our residents to join us in the courtyard at 4:00 p.m., Monday thru Friday for a social hour! Feel free to bring games, magazines, books or anything you would enjoy doing outside!

Special Thank You to Linda and Skip Hovan for their generous donation of flowers for our courtyard!

Juicy Tidbits

Fruits can be used in a variety of ways- in salads, sack lunches, legends, and as descriptive words. Use the name of fruit to fill in the blanks with the correct answers. Some of the fruits are used more than one time.

1. A rude sound made with the lips is called a _____
2. A jealous person is said to have sour _____ when he/she under-rates the object of his/her jealousy.
3. A blonde whose hair has a slightly reddish tint is called a _____ blonde.
4. Johnny _____ seed is the name of a man thought to be responsible for playing a kind of fruit tree throughout the United States.
5. George Washington is said to have cut down a _____ tree.
6. A particularly healthy and lovely complexion is described as being like _____ and cream.
7. Legend has it that William Tell shot an _____ off his son's head.
8. Another name for a hand grenade is a _____.
9. When life gives you a _____, make _____ade.
10. A red discoloration of the shin that is present from birth is called a _____ - birthmark.
11. When one is invited to "have a bit of the _____," one is being asked to have a glass of wine.
12. Along with a snake and Eve, an _____ is believed to be the cause of mankind's ejection from the Garden of Eden.
13. The term _____ shaped is used to describe a person who carries excess weight in the hips; a person who carries excess weight in the waist is _____ shaped.
14. Finish the nursery rhyme: "He stuck in his thumb, pulled out a _____ and said, 'What a good boy am I.'"
15. The Chief executive of a company is the "top _____"
16. An attractive girl is sometimes described as a _____.

Chaplain's Corner

What My Dad Taught Me

It's soon Father's Day. Time to remember Dad! My dad's been gone for 15 years this month. I am incredibly fortunate he was a dad who was involved in my life, a hard worker, and married to mom for 50+ years.

Dad taught me:

“Be disciplined”

Dad said that often. Have a system, and be disciplined about it. If you are going to accomplish anything, be determined and then make it a habit. In his retirement, after his heart attack, Dad started walking a mile every day, even in the winter he had his ‘walking path’ in the basement! He read voraciously and he had a prayer list of people he prayed for regularly.

“Challenge it”

Dad lived with a handicap most of his life—hand tremors. But his mantra was “challenge it.” He was determined to overcome it—he fixed cars, built a garage, fixed watches, and even painted pictures. He lived with the handicap but proved he could do many things, not by feeling sorry for himself but by challenging it.

“Enjoy life”

Dad did things with us kids—taking us to the lake to swim and playing football with my brothers. One time he split his pants out playing football! Dad

liked to ‘play on words.’ Those times of laughing and talking around the dinner table were memorable.

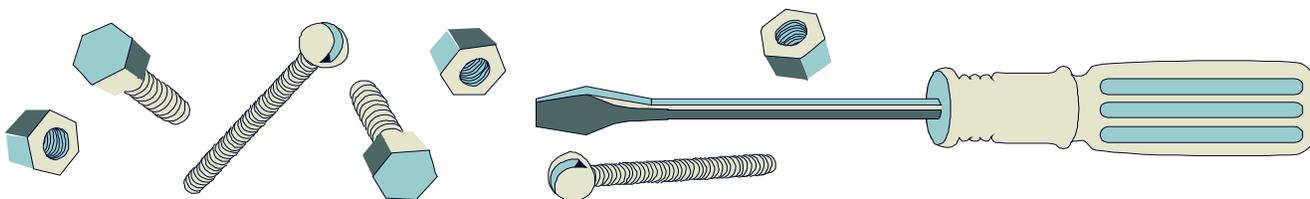
Of course my dad was not perfect—he had his faults. It seems those have faded over time, and I choose instead to thank God that Dad was a strong believer in Jesus Christ. He modeled many strong qualities. I am hugely blessed to have grown up with a dad present in the home. He has given me a strong foundation for my life. So I make this tribute to Dad—I miss you and thank God for you!

Maybe your ‘dad picture’ leaves something to be desired. Maybe he wasn't present and you missed a lot. Maybe it even skews your picture of your Heavenly Father. I can only suggest that if you picture the very best father you could imagine, your Heavenly Father is that and much more for you and me.

Note to sons/daughters of our residents:

Thank you for being here for your mother or dad. They tell me of your visits, when I visit with them. You'll not be sorry you took the time. The fifth Commandment reminds: **“Honor your father and your mother so that you may live long in the land the Lord your God is giving you”** (Exodus 20:12).

+Chaplain Sherree Lane



Answers for Juicy Tidbits: 1. Raspberry, 2. Grapes, 3. Strawberry, 4. Apple, 5. Cherry, 6. Peaches, 7. Apple, 8. Pineapple, 9. Lemons, Lemon, 10. Strawberry, 11. Grape, 12. Apple, 13. Pear, Apple, 14. Plum 15. Banana, 16. Tomato

Our Sympathies...

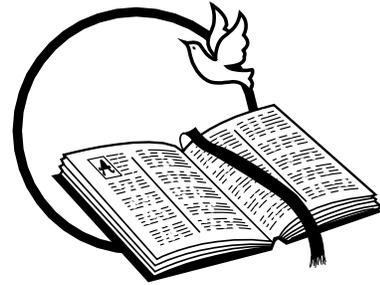
Our sympathies go out to the family and friends of **Lillian Lien**. She will be remembered at the Memorial Service on Sunday, June 7, 2015 at 2:00 p.m. in the Park River Estates Chapel.

Lillian Lien was born May 22 1921 to Stephen and O'Lena Marie Thompson.

Lillian married Floyd Lien, and to this union, three children were born. Lillian was a home-maker, and in her leisure time, she enjoyed crocheting, knitting, sewing, the color pink, a variety of music, dogs, birds and horses, traveling and a variety of programs on television.

Lillian came to Park River Estates Care Center on February 21, 2014 and passed away on May 12, 2015 at the age of 93. She is preceded in death by her parents, husband Floyd, and five brothers. She is survived by children Terry (Nancy),

Jill (Mike) and Peggy, grandchildren, nieces and nephews.



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

The official newsletter of
Park River Estates Care Center.

Published monthly and distributed to
Park River Estates residents. Families, volunteers
and friends of Park River Estates Care Center can
find us online at www.northcitieshealthcare.com.

Editorial Policy:

All articles should be directed to
Linnea Maki, Newsletter Editor,
Park River Estates Care Center
9899 Avocet St. NW
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.