



March

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2016

St. Patricks Day- March 17<sup>th</sup>

Easter Sunday- March 27<sup>th</sup>



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## From your Administrator...

By Tom Pollock

### Labeling clothes and personal blankets

Last month I mentioned that we have over 27 items of unmarked clothing and blankets. Do you know that we will label these items for FREE! Our goal is always to return clothing & personal blankets to the rightful owner. Even if your family member launders your clothes at their home, we do recommend having labels on your clothes and blankets if you own one. Any unlabeled item will be difficult to return to the right person. If a resident or patient receives a new piece of clothing, our Director of Housekeeping and Laundry, Becky Sutton, will label it. The receptionist can direct families to Becky's office. If Becky is unavailable, the receptionist can take the item(s) to be labeled and will make sure they are labeled.

### Can I pay for my care with a credit or debit card?

At this point we do not accept credit cards. We are, however, exploring how to do it. I have had 3 inquiries in less than 2 months about accepting credit cards for payment. I spoke to my owner and he was fine moving ahead with it. This is all new to us so I am waiting to hear back from a couple of banks on how to proceed. I know that almost all businesses including healthcare providers accept payments in the form of a credit card. It's time that we get on board too. When we are able to accept credit cards, we will include the information in our billing.

### MN Dept of Health OHFC

Our state department of health has a division called Office of Health Facilities Complaints. Their website states that they will investigate "Complaints relating to quality of life and quality of care at health care facilities/agencies including resident rights concerns. Minnesota licensed facilities: hospitals, nursing homes, boarding care homes, supervised living facilities, assisted living and home health agencies." The interesting thing is that since the MN Dept of Health does not "survey" hospitals, all hospital complaints whether substantiated, unsubstantiated or inconclusive are never posted on their website. I believe the public should know what complaints have been made against ALL MN licensed facilities.

### Business Ethics-Our Seventh Principle

#### Obeying the law

An ethical employee always obeys the law, and never breaks the rules, regulations or laws surrounding their business activities.

# March Birthdays!

Walter Harmasz  
Mildred Gohman  
Myrtle Maki  
Betty Schack  
Jo Olson  
Javelle Wraneschetz

March 1<sup>st</sup>  
March 2<sup>nd</sup>  
March 18<sup>th</sup>  
March 23<sup>rd</sup>  
March 24<sup>th</sup>  
March 27<sup>th</sup>



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## Hello...and Goodbye!

Welcome to Ardith Ketchum, Helen Vig, Dale French, Joann Boeser, Ruth Swing, Mike Nutter, Robert Martinson, Mary Prudhon, Gloria Swanson, Richard Kirchner & Penny Bennett who were admitted this month. Please greet them!

And best wishes to Julene Joyce, Shelby Fuerstenberg, Ted Winczewski, Helen Palzier, Lois

Pollock, Nancy Blum, Bev Ubl, Al Dvorak, Jean Langlois, Connie Meyers, Jack Phillips & Bob Anderson who were discharged this month. Also to Diane Napier, Janet Martinson, Richard Lund & Maurice Berg who were with us a short time.

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## Resident Council

**Resident Council Meeting:** Tuesday February 9th, 2016 3:00 p.m.

**Those present:** President Marilyn Cotton, Mary Coyle; Helen Johnson, MaryAnn VanHecke, Dorothy Gladen, Bev Pavcik, Marge Nelson, Bob Hastings, Harry Schoen, Hope Holmes, Lula Hagen, Elaine Vargas, John Jadinak, Elaine Norgren, Rose Hoffman, Chris Neely, LSW; Barb Rafferty, Activity Assistant & 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:** Monthly tea/ladies and men's group: The council voted to have the ladies and men's group in the same room every month. Each group will choose their activity. Also, 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.

**New Business:** Residents are encouraged to attend Coffee with the Cook, held on the last Wednesday of

each month to express any food concerns. Also, the council would like to have cookies at each meeting. Chris Neely showed the new "Combined Federal and Minnesota State Bill of Rights" booklet and read Resident Right #1 "Exercise of Rights."

**Safety Concerns:**

No safety concerns at this time.

The meeting was adjourned.

The next meeting is scheduled for Tuesday, March 8<sup>th</sup> 2016 at 3:00 p.m. in the Welcome Room.





# March

## **King & Queen of Hearts Coronation**

Our annual King & Queen of Hearts Coronation was held on February 12<sup>th</sup> this year. Congratulations to our 2016 King, Shorty Thor and our Queen, Joan Maness. Runner up for King was Harry Schoen, and runner up for Queen was Florence Mikolajczyk. Thank you to ABC Newspapers for coming out to take pictures of the event! The article and pictures are featured on their website.

## **Resident's Unmarked Clothing**

Park River currently has almost **30 items of unmarked clothing** waiting to be claimed. These items are placed on a rack, and are located outside the Social Services office on weekends. Please mark all of your clothing, so we know where it belongs and so we can return it to you after it has been washed. **Even if Park River doesn't do your laundry, your clothing still needs to be marked.** If you have any questions, or would like to see the unclaimed items, please see the Housekeeping/Laundry Department.

## **Resident of the Month**

### **Congratulations, Darlene Fedje!**

Darlene was selected by staff and residents as our March Resident of the Month! Darlene is known at Park River for her big heart. Employees here describe her as a compassionate, fun and loving care-giver. She worked in Long-Term Care for many years and touched the lives of many in our community. Darlene's biggest love comes from being a mother to her seven daughters. She also loves being outside in the sunshine, gardening, playing cards and board games, listening to good music and socializing with family and friends. She loves to get manicures, go to music programs, bingo and happy hour at Park River. She says the best part of her day is being able to eat dinner with her daughters. "Seeing my girls makes everything better!" Darlene was also voted as Park River's runner up in our 2014 Queen of Hearts Coronation. Darlene's smile, bright personality and sense of humor make her easy to love. Congratulations, Darlene!

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

May you always  
have walls for the winds,  
and a roof for the rain,  
laughter to cheer you  
& those you love near you.

IRISH BLESSING

## Chaplain's Corner

### “Walk on with Hope in your Heart”

These lyrics from the familiar song “You’ll Never Walk Alone” embody the meaning of Spring and of Easter—**hope**. We have hope for a better day.

Spring means warmer weather, brighter sunlight, green grass, flowers peaking up through the clods of earth, and the opportunity to inhale the fresh air. We have renewed hope. Winter is past and brighter days lie ahead.

#### No Parking

A minister parked his car in a no-parking zone in a large city and attached the following message to his windshield: “I have circled this block 10 times. I have an appointment to keep. *Forgive us our trespasses.*”

When he returned to his car he found this reply attached to his own note, along with a ticket: “I’ve circled this block for 10 years. If I don’t give you a ticket, I lose my job. *Lead us not into temptation.*”

(*Chicken Soup for the Christian Soul*, 1997, Canfield, Hansen, Aubery & Mitchell).

Spring says, “No parking” You don’t have to remain in endless winter, you don’t have to stay in the darkness. Open the windows, look out.

Hope says, “You don’t have to stay in the sadness, look forward, look up.”

We tend to feel hopeless when we see the things happening in the world around us. We could sense hopelessness with the political system, with violence on TV, with our environmental changes, or with our own health. But hope reminds us there is a God, look up.

“We have this hope as an anchor for the soul, firm and secure”

(Hebrews 6:19-20).

Why is hope so powerful? It is powerful when it is anchored to the eternal God, and the certainty of what He says.

**Hope sees the invisible, feels the intangible, and achieves the impossible because it is anchored to the Rock of Ages.**

Easter renews my hope that there is more than this life. Heaven awaits those who persevere. Jesus is very much alive! Happy Spring! Happy Easter!

+Chaplain Sherree Lane

## In Memory....

**Lydia Brink** was born to John and Katherina Bitz on April 14<sup>th</sup>, 1920 in Eureka, South Dakota. She was raised on a farm with her 11 siblings. In 1941, she married Arthur Kirschenmann, and to this union 4 daughters were born. After retiring from farming in 1979, they moved to Aberdeen, South Dakota. They were married for 43 years when Arthur passed away in 1984. Lydia married Ervin in 1985 and they made their home in Robbinsdale until he too passed away in 2008. Lydia moved to Blaine, and lived there until moving to Park River.

Lydia loved to read, play board games, listen to music, going outdoors and loved spending time with her family. She was a woman of faith, and loved and trusted in the Lord. She was a remarkable woman with a beautiful smile that lit up the room.

Lydia came to Park River on November 14<sup>th</sup>, 2015 and passed away peacefully, at the age of 95 on January 28<sup>th</sup>. She is deeply missed by her family.

**Janis Zappa** was born on November 11<sup>th</sup> 1933 to Joe and Doris Kirby. She married Vincent, they resided in Blaine, and together they had 4 children. Janis loved to listen to music, watch the birds in the aviary, sit outside in the courtyard, listen to short stories and watch cooking shows on TV. She was a sweet, kind and loving lady, and was loved by all of us at Park River.

Janis came to Park River on October 31<sup>st</sup>, 2014 and passed away at the age of 82 on February 3<sup>rd</sup>. She is survived and missed by her children and their families.

A memorial service will be held in remembrance of **Lydia and Janis** on **Sunday March 6th** 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.....TBD  
Social Services Director.....Chris Neely  
Staff Development Director.....Sue Sellner  
Therapeutic Recreation Dir./Volunteer Coordinator  
.....Linnea Maki

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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.