

## From Your Administrator Tom Pollock



2015

Pearl Harbor Remembrance Day-  
December 7<sup>th</sup>

Christmas Eve- December 24<sup>th</sup>

Christmas Day- December 25<sup>th</sup>

New Year's Eve- December 31<sup>st</sup>



**New Payment Rates Benefit Staff, Patients and Residents**  
*(The following is an excerpt taken from letters sent to residents paying with their own funds and those in private rooms) After years of underfunding the actual costs of nursing home care, the Legislature and Governor agreed to increase payments to all nursing homes in Minnesota. This was made possible by so many families, residents and staff contacting their legislators, letting them know how important it is to have consistent caregivers. For the past dozen years, the state of Minnesota paid us a daily rate that on the average was \$41 below our costs. This shortfall impacted both our private pay days as well as Medicaid-medical assistance days due to a unique state policy known as rate equalization, where rates are kept artificially low to match the state's Medicaid rates. We desperately needed this increase in our rates to match the growing increase in our costs, especially the need to recruit and retain a QUALITY workforce. With our new funding, we are spending over \$930,000 in increased wages and benefits. The employees were informed during the first two weeks of November what their individual pay increases will be. The emotional comments made by employees were very heartfelt including:*

- "I've needed tires for my car but I have had to pay rent instead. Now I can get them so I can make it to work",
- "I can actually pay my mortgage with one payment",
- An older employee had to get supplemental health insurance and stated "I didn't know how I was going to pay for it but now I can",
- "My fiancé and I can finally get married!",
- "I won't have to go to the food shelf"
- .....and many had tears of joy.

**Business Ethics-Our Fifth Principle: Fair-**In all of your actions, you must strive to be fair and just. An ethical employee is committed to fairness in all that they do, and do not seek to exercise their power for an unfair advantage or use indecent methods to gain a competitive edge. They also never take undue advantage of another person's difficulties and mistakes. Being an ethical employee means that you are committed to being fair, employ justice in your decisions and treat all people equally, with tolerance and acceptance of diversity. Being fair also means being open minded, admitting when they have made a mistake, and adjusting their beliefs and positions when it is appropriate.

Have a very joyous & Merry Christmas!

# December Birthdays!

Harriet Schlough  
Merlyn Haggberg  
Larry Cronin  
M.J. Steinmeyer  
John Wilkey  
Mary Notsch

December 8  
December 8  
December 8  
December 15  
December 26  
December 30



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## Hello...and Goodbye!

Welcome to Jeanne Freeberg-Fernkes, Al Dvorak, Maria Castillo, Helen Johns, Hope Holmes, Darlene Wehner, Lydia Brink, , Lyndell Iverson, Bob Anderson, Beverly Ubl & Sue Smith who were admitted this month. Please greet them!

And best wishes to Elsie Linnell, Wilma Weber,

Theresa Dunsmore & Rosa Willis who were discharged this month. Also to Tom Nitke, Kathleen Canfield, Rachelle Shonka, Yvonne Beatty, Peggy Morgantini & Marlene Herzuck who were with us a short time.

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## Resident Council

Resident Council Meeting: Tuesday November. 10<sup>th</sup>, 2015 3:00 p.m.

**Those Present:** Mary Huseman, Kathy Enge, Elaine Vargas, Mary Millette, John Jadinek, Val Lee, Lula Hagan, Elaine Norgren, Myrtle Maki, Bob Hastings, Lavina Olson, Helen Johnson, Marge Nelson, Rick Zeck, Mary Ann Van Hecke and Chris Neely, LSW. Meeting was called to order. The members stated the Pledge of Allegiance. The minutes from the last meeting were read.

**Old Business:**

No old business at this time.

**New Business:**

One resident suggested having a food shelve donation box and take the donations to a local food shelve. Chris Neely read Resident Right #1: Information about rights. Residents praised the food at PRECC and also mentioned activities are doing a good job. One resident stated PRECC is a wonderful place to live.

**Safety Concerns:**

No safety concerns at this time.

The meeting was adjourned at 3:25 p.m.

The next meeting is scheduled for Tuesday, December 10<sup>th</sup>, 2015 at 3:00 p.m. in the Welcome Room.

Maybe **CHRISTMAS,**  
**he thought.**  
*doesn't come*  
**FROM A STORE.**  
Maybe **CHRISTMAS,**  
*perhaps.* **means**  
**A LITTLE BIT MORE.**  
- The Grinch -

# December

Resident of the Month...  
Congratulations, Joan Maness!

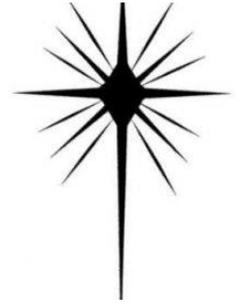
Joan was selected by staff and residents as our December resident of the month! Joan was born and raised in Anoka, and has lived in this area her whole life. She worked for AT&T and raised three wonderful children, Kelly, Kerry and Kimberly, and they are the loves of her life. Joan enjoys many activities at Park River, especially exercise group, bingo, music programs and thinking games. She also enjoys embroidery, crossword puzzles, singing, playing the piano and collecting elephants. Joan says that she enjoys living here because of all the good friends she has made. Joan is always happy, caring, and can always make you feel loved. She is such a sweet person and is loved very much by all of the staff and residents!  
Congratulations, Joan!

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

## The Sharing Tree

The children of the Coon Rapids Head Start program are in need of hats, mittens, scarves, boots and coats to keep warm this winter. We have put together a Christmas tree in the front lobby that is ready to be decorated with these items! They appreciate any donations you are able to give for these children in need. Please see Linnea Maki in the Activity Department with any questions.





## Chaplain's Corner

### Let There be Light!

We Minnesotans bemoan the fact that the days are shorter and the nights longer. It's not that the sun shines fewer hours, for in fact the sun is shining all the time. Nor has the sun moved. Rather, it has to do with the tilt of the Earth on its axis as it orbits the sun. Minnesota is slanted farther away from the sun during the winter.

December 25 is one of the shortest days of the year in the Northern Hemisphere. Israel, where Jesus Christ was born, is also located in the northern hemisphere. In fact, the northern hemisphere contains most of the Earth's land and thus its population. I find it meaningful that Christ came to Earth at a time of year when the hemisphere was the darkest. (Maybe he didn't come on exactly Dec. 25, but that day has been celebrated as his birthday for centuries.)

Jesus came as "*the light of the world*" (John 8:12). He came to 'turn on the light' in our souls. When we say, 'I saw the light,' then we mean we gained a new understanding on a subject, we learned the truth, we saw which way to go. As we celebrate Christmas with lights in our rooms/homes and with candlelight services, maybe we could ask, "Lord, help me to turn closer to You the true light, the Son of God, this season; for in fact you have not moved."

- *Chaplain Sherree Lane*



## In Memory...

**Loretta Matlack** was born on February 23<sup>rd</sup>, 1940 to David and Marie Rice in Lady Smith, Wisconsin. She was married on October 17<sup>th</sup>, 1959 to Russel, and they had four children together. Loretta made a loving and happy home for her family. Loretta was voted our Queen of Hearts in 2014 and was recognized posthumously as our Resident of the Month in November. She was a kind friend, a loving mother and a gentle soul. She will be missed deeply by her children Marie, Barb and Diane and Ken and their families. Loretta came to Park River on May 30<sup>th</sup> 2012 and passed away on October 27<sup>th</sup> at the age of 75, with family by her side.

**Nathalie Fracassi** was born on January 29<sup>th</sup>, 1933 to Otto and Ellen Laine in Hibbing Minnesota. She married and to this union four children were born. She was the President of the music boosters and also the P.T.A. She also worked as a Physical Therapy Assistant for 18 years. Nathalie had many interests. She enjoyed playing cards and dice games, ceramics, crafts, reading mystery novels, traveling, gardening, collecting music boxes and being with her family. She stated her greatest achievement was returning to school to earn her high school diploma after raising her children. Nathalie came to Park River Estates on October 5<sup>th</sup>, 2015 and passed away on October 31<sup>st</sup> at the age of 82. She is survived by her four children, their families and many friends.

**Don Hanson** was born on a farm in Litchfield, Minnesota to Will and Lenore Hanson. Don enlisted in the Navy, and fought bravely for our country in the Pacific during WWII. He attended the University of Minnesota and became a Supervisor for F.M.H.A. He married Rosetta and together they had six children, and spent 64 wonderful and happy years together. Don was a talented builder, and also liked to dance. He was a devout Catholic and enjoyed reading, watching TV and doing things outdoors. Don came to Park River on October 13<sup>th</sup> 2014, and passed away on November 2<sup>nd</sup> at the age of 93. Rosetta and his children were by his side.

**June Eggerth** came to Park River Estates on October 31<sup>st</sup>, 2015 and passed away on November 9<sup>th</sup> at the age of 85. She joined her husband Loyd, her son Gary, her parents and brothers and sisters in Heaven. She is deeply missed and remembered by her daughter Laurie, daughter-in-law Barb and their families.

**Lorraine Robinson** was born on March 7<sup>th</sup>, 1914. She married Raymond, and together they had three children; Mike, Craig and Pat. Lorraine was a homemaker, and raised her children while her husband worked as a police officer. She was very proud of him and proud of all her children. Lorraine had beautiful eyes and they always seemed to sparkle a little brighter when she spoke of her family. Lorraine enjoyed music, going to church, reading, traveling around the world, sewing and embroidery and reading poetry and romance novels. She was voted our runner-up for Queen of Hearts in 2012. Lorraine came to Park River on December 29<sup>th</sup> 2011, and passed away on November 15<sup>th</sup> at the age of 101. She will be dearly missed by her family.

**Martha Claypool** was born on May 21<sup>st</sup>, 1942 to Heinrich and Matilda Brandt in Kassel, Germany during WWII. She met her husband who was in the Army, married and had three daughters and a son. They moved to the United States in 1969 and Martha became an American citizen in 1975. She loved to tell the story of meeting Elvis while he was stationed in Germany during the War. She served him while working in a G.I. nightclub. She remembered that he was "quite the gentleman!" Martha loved to host parties, make German dishes and enjoyed a good laugh. Martha moved to Park River on March 3<sup>rd</sup>, 2014 and passed away on November 16<sup>th</sup>. Her family is going to spread Martha's ashes in Germany where she played as a child.

**A memorial service will be held in remembrance of Loretta, Nathalie, Don, June, Lorraine & Martha on Sunday December 6<sup>th</sup> at 2:00 in the Park River Estates Chapel.**

# Key Facility Contacts:

Administrator.....Tom Pollock  
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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

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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.