



PARK RIVER ESTATES CARE CENTER
NEWSLETTER

MAY 2014

May 2014

May Day
 May 1, 2014
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Mother's Day
 May 11, 2014
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Memorial Day
 (celebrated)
 May 26, 2014

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National
Nursing Home
Week
 May 11-17, 2014

Volunteer Recognition Event
 Wednesday, May 14, 2014
 7:00 p.m.
 By invitation only.

From Your Administrator...

By Tom Pollock

Maintaining a Safe and Secure Environment

It's the time of year when the snow has melted and everyone is anxious to get back outside. This includes those that reside here at Park River Estates Care Center. On April 10th, I distributed a memorandum covering this subject. The following is what I stated:

"According to the state & federal regulators, any person admitted to Park River Estates Care Center is considered a vulnerable adult. We are therefore expected to make sure that everyone is safe & secure. This includes evaluating the risks of allowing a patient or resident to go outside alone. During the past two years, there have been 2 incidents in the state of Minnesota involving vulnerable adults. One patient/resident stayed outside too long and became dehydrated. Another patient/resident rolled forward in her wheelchair, the wheelchair stopped suddenly and she was thrown forward out of her wheelchair. She hit her head on the driveway. Both of these incidents resulted in the death of the resident/patient.

Since our residents and patients are considered vulnerable adults, I do not want to jeopardize their safety by going outside alone. The solution is to have more family, friends, and volunteers accompany them outside. We simply do not have the extra staff to go outside with the number of residents and patients wishing to do so. Please assist us by going outside with a resident or patient. Our goal again is to make sure all residents & patients are safe and secure."

I did meet with Vicki Petersen, our Director of Therapeutic Recreation, and they are planning to have more outdoor activities. Thank you for your understanding of helping us maintain a safe and secure environment.

Happy Mother's Day to all Moms!

Your hard work and unconditional love does not go unnoticed!

May Birthdays

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



Linda Sabacky	May 01
Darlene Fedje	May 04
Hulda Meisner	May 09
Bob Hastings	May 11
Martha Claypool	May 21
Lillian Lien	May 22
Audrey Nelson	May 27
Shirley Sloat	May 30

Hello...and Goodbye!

Welcome to **Delford Long, Karin Bodin, Shirley Sloat, Lois Johnson, Lorna Krogen, Betty Boen, Paul Quade, Delores Ford** and **Lorraine Wicks** who were admitted this month. Please greet them!

And best wishes to **Ed Babudro, Jean Francis, Lois Pollock, Marie Linngren, Marie Sparks, Clarence Bahr, Gloria Johnson** and **John Paskins** who were discharged this month, and to **Faye Johnson** who was with us a short time.

Resident Council

The meeting was held on Tuesday, April 8, 2014 at 3:00 p.m. President Marilyn Cotton 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**, National Nursing Home Week starts on May 11, 2014. There will be special activities during the week to celebrate.

Safety Concerns: A Council member asked why residents will not be allowed to go out the main entrance to sit outside. President Marilyn Cotton explained that with cars pulling into the parking lot

and the driveway sloping down, it is not safe for many residents to be out there alone. To make it safe for everyone, the policy is for all residents to go out onto the courtyard through the Activity Room to sit outdoors. The Activity staff is planning to have more activities in the courtyard as well.

The meeting adjourned at 3:30 p.m.

The next meeting is scheduled for Tuesday, May 13, 2014 at 3:00 p.m. in the Chapel.

Diana Olson, Social Service Dir./Recorder

The **Family Council** will meet on May 13, 2014 at 1:30 p.m. in the Resident/Visitor lounge

Chaplain's Corner

Do you have a Hero (Heroine)?

One day my mother, who was in her nineties, told me she had a hero. What was Mother talking about? Who could possibly be her hero? It was a lady named Millie. Millie was a few years older than Mother and lived to be 101 years of age. Millie was an incredible woman. What was special about Millie?

Millie tried new things.

Millie was my good friend. We went to church together on Sunday mornings. She treated me to birthday dinners many times over the years. We went to our favorite spot—The Vineyard Restaurant in Anoka. (That has since been closed.) Millie would order something different from the menu each time. She liked to try new things. As for me, I stayed with my ‘tried and true’ favorite dish because it tasted so good. Not Millie! She was always up to a new challenge, even in her 90s. It kept her young at heart. She was vibrant and alive and liked new experiences.

Millie loved people.

She especially loved children. Millie loved to be with the babies in the church nursery. She had served as a Sunday School teacher for over 60 years and had worked in the church nursery a long time!

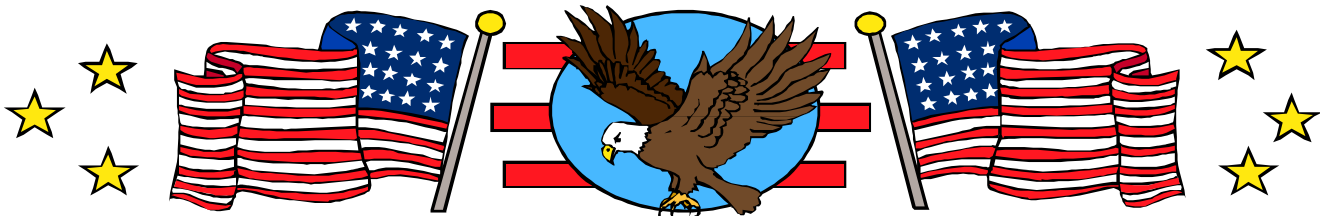
Millie served pleasantly. And the children loved Millie. Although she never had children of her own, Millie influenced generations of children who learned about God's love at Millie's knee. The pastor often teased, “If you weren't taught by Millie in Sunday School you are biblically illiterate!”

Millie knew how to pray.

Millie didn't make a show of it, but whenever asked to say a prayer, she was ready. One could tell that Millie had prayed in private for she sounded comfortable in prayer, on a ‘first-name-basis’ with her Lord. One could tell she was concerned for those she prayed for—she said just the right thing. You could sense the wisdom and maturity borne over years of consistent spiritual practices.

Millie influenced my life deeply and also my mother's. Mother called Millie her hero! Is it helpful to have heroes (heroines)? The Apostle Paul thought so; he invited his converts to “Follow me as I follow Christ.” I thought we were supposed to follow Christ? It seems we also need to see other people living out the Gospel. It encourages us to keep on following and keep doing right. If I see someone else living right, then maybe I can too. (with God's help!)

+Chaplain Sherree Lane



Our Sympathies...

Our sympathies go out to the family and friends of **Doris Cleveland** and **Raymond Wehlage**. They will be remembered at the Memorial Service on Sunday, May 4, 2014 at 2:00 p.m. in the Park River Estates Chapel.

Doris (Nelson) Cleveland was born August 11, 1929 in Hawley (Dale), Minnesota to John Godfrey (J.G.) and Ellen Nelson. The family resided in that area until 1939 when they spent a year in Crookston and, in 1940, moved to the Fosston area. Doris was baptized as an infant at Eksjo Lutheran Church and confirmed at Hope Lutheran Church.

Doris graduated from Fosston High School with the class of 1947. She was employed at Colborn School Supply and Lynn's Auto in Grand Forks, and later at the Fosston Creamery for two years. She then moved to Minneapolis and was employed by Honeywell Inc. She married Norman Cleveland on August 16, 1952 and they had three children.

Doris came to Park River Estates Care Center on October 10, 2013 and passed away on March 30, 2014 at the age of 84. She is preceded in death by her parents and brothers Wallace and Vernon. She is survived by children Nancy (David), Diane (Scott) and Scott (Sue), grandchildren Joe, Gina (John) and Amy (Shawn), ten great grandchildren, and several nieces, nephews and cousins.

Raymond Wehlage was born July 14, 1930 on the family farm near Meire Grove, Minnesota to Henry and Mary (Ostendorf) Wehlage. He was raised there, and went on to serve in the US Army for two years. Upon his return, he attended St. Cloud Business College. He retired after 26 years with Murphy Motor Freight, and then held various jobs during retirement.

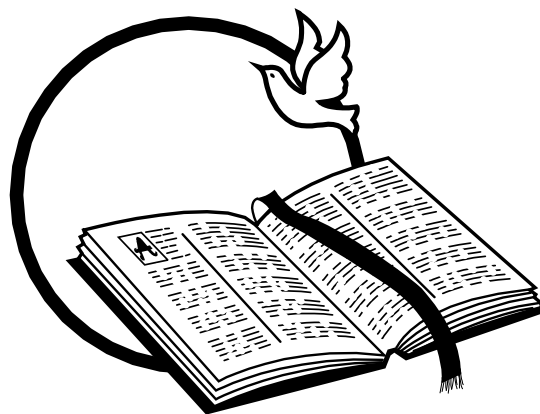
Ray will be fondly remembered for his sense of humor, love of sports, cars, playing cards, going

to the casino, traveling, gardening and spending time with his family.

Ray came to Park River Estates Care Center on March 17, 2014 and passed away on April 19, 2014 at the age of 83. He is preceded in death by his parents, sisters Karen and Bernice, brothers Werner and Elmer, and grandson Spencer. He is survived by his wife of 55 years, Joan, children Steve (Kim), Judy (Al) and Nancy (Terry), grandchildren Erin (Charlie), Allison, Grant, Laura, Jeffrey, Jordan and Katie, great granddaughter Charley, siblings Pat (Stan), Norman (Tillie) and Vern (Jane), sister-in-law Joyce, brother-in-law Bob, and many nieces, nephews and friends.

Memorial:

A donation of \$100 was made to the Park River Estates Resident Council Foundation in memory of **Irene Johnson**.



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 Therapy.....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 Recreation Director/Volunteer Coord...
..... Vicki Petersen

News and Views

The official newsletter of
Park River Estates Care Center.

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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
Vicki Petersen, 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.