

Park River Estates Care Center
December 2009
NEWSLETTER



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**Winter Begins
December 21**



***Merry Christmas!
December 25***



From Your Administrator...

By Tom Pollock

Our Response to Satisfaction Survey Results: Last month I wrote about the results of the satisfaction surveys given to residents, families, and employees. The main area that residents and families said that we need to work on was the *Quality of Meals and Quality of Dining Experience*. I met with Vicky Pavcik, our Director of Food Service to discuss what we can do to improve this very important area. Here are some of the steps we have taken: 1) We have changed to different menus developed by our food service supplier, Sysco Foods. We had been using menus previously from another vendor. We are already receiving positive feedback from our residents. 2) We are using more garnishments and seasonings. 3) We have purchased white coffee cups and clear juice/milk glasses. Many residents told us that they could not see their beverages in the old cranberry colored glasses/ coffee cups. One resident told me specifically that she can now see how much coffee she has left in her cup. 4) We have ordered a 6-pan steamer to cook certain foods. This will retain the flavor and moisture. Vicky Pavcik has contacted other places that utilize the steamer we have ordered and they are very happy with the quality and taste of the food cooked. Thank you for your input. I will continue to update you.

Christmas Decorations and Fire Safety: For many of us, it's hard to believe that 2009 is coming to a close as we prepare for Christmas and the holidays. Christmas decorations are very important to many people. Using decorations that are safe is very important. Here are some reminders: 1) Wrapping doors or pictures on the wall with wrapping paper is prohibited by the MN State Fire Marshal. 2) Live trees, such as Norfolk pines, in a pot that needs to be watered is fine. 3) Artificial wreaths and trees are fine. Wreaths or decorations made from real trees are a fire hazard and are not allowed. 4) Candles are not allowed. 5) Decorations hung on a door must not stop a door from completely closing. If there are other safety concerns, we will let you know. Our goal is to keep our residents, families and staff safe.

Merry Christmas! See you next year!!

December Birthdays

Happy Birthday to the following residents who celebrate their birthdays in December:



Cleo Hanson	December 03
Anne Czech	December 10
Maddy Thayer	December 15
Lorraine Edlund	December 24
Charlotte Kaspar	December 25
Loretta Dale	December 26

Hello...and Goodbye!

Welcome to **Joan Dahl, Dolores Eyre, Frances LaFrance** and **Alfredo Valdetaro** who arrived at Park River Estates this month. Please greet them!

And best wishes to **Elenore Hjelmberg, Irene Fallon, Marcella Rogers, Floyd Falenschek** and **Donald Granger** who were discharged in November.



Resident Council

President Muriel McClellan called the meeting to order on Tuesday, November 10, 2009 at 3:00 p.m. The meeting began with the Pledge of Allegiance. Minutes of the last meeting were read and approved. Twelve members were present.

As **Old Business**, Park River Estates staff does not know if they will be getting the H1N1 vaccine. Vaccines for the H1N1 virus are not being given to people 50 and older at this time per CDC guidelines.

As **New Business**, Diana Olson reviewed the newsletter and upcoming events.

Diana reviewed the Resident Bill of Rights number 2 – “Residents have the right to be treated with courtesy and respect by all employees of the health care facility.” Residents Rights Number 3 –

“All residents have the right to appropriate health care based on individual needs.”

Safety Concerns: There were none at this time.

The meeting adjourned at 3:30 p.m. The next meeting is scheduled for Tuesday, December 8, 2009 at 3:00 p.m. in the Chapel.

Diana Olson,
Social Service Director/Recorder

The **Family Council** will meet on Tuesday, December 8, 2009 at 4:00 p.m. in the Resident/Visitor lounge.

15th Annual CareFest Auction

The 15th annual CareFest Auction was held on Thursday, November 5, 2009 at 7:00 p.m. \$2600 was raised to enhance the lives of the residents of

Park River Estates and for scholarships. Thanks to everyone who donated items for the auction and to all who participated!



Activity Planning

An Activity Planning Meeting was held November 3, 2009 at 2:00 p.m. in the chapel. Sixteen residents and four Activity staff were in attendance.

November Events:

Bingo:

- * Cardinals Bingo – 11/04 @ 2:00 p.m.
- * Lioness Bingo – 11/17 @ 2:00 p.m.
- * Lucky ‘Leven Bingo – 11/19 @ 7:00 p.m.
- * King of Glory Bingo – 11/24 @ 7:00 p.m.

Special Music:

- * The Goldentones – 11/02 @ 2:00 p.m.
- * Don Schoen – 11/07 @ 2:00 p.m.
- * Tara B. – Birthday Party – 11/18 @ 2:30 p.m.

December Events:

Bingo:

- * Cardinals Bingo – 12/02 @ 2:00 p.m.
- * Lioness Bingo – 12/15 @ 2:00 p.m.
- * Lucky ‘Leven Bingo – 12/17 @ 7:00 p.m.
- * King of Glory Bingo – 12/29 @ 7:00 p.m.

Special Music:

- * The Happy Notes – 12/01 @ 2:00 p.m.
- * Don Schoen – 12/05 @ 2:00 p.m.
- * The Treblemakers – 12/08 @ 7:00 p.m.
- * The Keynotes - Birthday party – 12/16 @ 2:30 p.m.

Other Items of Interest:

The 15th annual CareFest Auction will be held on Thursday, November 5, 2009 at 7:00 p.m.

Donations of new/unused items for auction will be gladly accepted. Please see Vicki Petersen.

There will not be Coffee with the Cook at the end of November. There will be manicures (P-Z) on that day due to the Thanksgiving holiday.

“Lunch In” will not take place until January 2010.

Residents who wish to make memory pages should meet in the Activity Room on Mondays from 1:00 to 2:30 p.m.

There are donated note cards and cards for different occasions, and also Christmas cards available for residents. Ask the Activity staff. The Activity Dept. also has a limited amount of donated yarn and craft materials available for residents upon request.

Activity staff is always available to hear any complaints or suggestions regarding activities.

There was discussion regarding the taking of photos in the building. Photos of residents, families, staff and volunteers are NOT to be taken without specific permission from the person of whom the picture is being taken. When taking pictures, the photographer needs to be aware if others are included in the photograph that have not, or are not able to give their permission.

The meeting adjourned at 2:45 p.m. The next meeting will be scheduled in January 2010.

Chaplain's Corner

Christmas is when we celebrate that time in Bethlehem when Jesus was born in a manger, but He has not yet come as He will at the end of time. The already-not-yet reminds us of one of the strongest Advent Symbols...the Alpha and the Omega. The Alpha and Omega remind us of the first and the last. Jesus was in the beginning, and will be in the end and His second coming. So the question we confront is this: How does one live when caught between the two advents? How does one adequately celebrate the first advent, while anticipating the second advent?" Jesus answers the question, telling us how we are to live, in our Gospel reading. Hear these words of Jesus the Christ, as recorded in Mark 13:24-37:

"But in those days, following that distress, the sun will be darkened, and the moon will not give its light; the stars will fall from the sky, and the heavenly bodies will be shaken. At that time men will see the Son of Man coming in clouds with great power and glory. And he will send his angels and gather his elect from the four winds, from the ends of the earth to the ends of the heavens. Now learn this lesson from the fig tree: As soon as its twigs get tender and its leaves come out, you know that summer is near. Even so, when you see these things happening, you know that it is near, right at the door. I tell you the truth, this generation will certainly not pass away until all these things have happened. Heaven and earth will pass away, but my words will never pass away. No one knows about that day or hour, not even the angels in heaven, nor the Son, but only the Father. Be on guard! Be alert! You do not know when that time will come. It's like a man going away: He leaves his house and puts his servants in charge, each with his assigned task, and tells the one at the door to keep watch. Therefore keep watch because you do not know when the owner of the house will come back--whether in the evening, or at midnight, or when the rooster crows, or at dawn. If he comes suddenly, do not let him find you sleeping. What I say to you, I say to everyone: 'Watch!'"

Jesus tells us to be faithful, to be watchful, to stay awake, looking for the coming of the Son of Man. We must always be faithful. We live lives of watchfulness. Advent is a reminder of the despair felt on this earth throughout our history. We recollect the words of the prophet Isaiah and realize the intense longing for God's saving grace. We remember the intense longing of those Israelites to see the promise of Messiah come to pass. We know of the violence that has marked the course of human history, and can fully appreciate the need for Jesus in the manger.

We live on the other side of the manger from those ancient Israelites. We easily turn the entire Advent & Christmas story into a story of joy and light and hope and peace. All of these themes are joyous, but we do a disservice if we fail to remember the dreary world into which He was born. Christmas is a season during which we celebrate the light of the Christ child. Advent is the season during which we reflect upon our anticipation for the light. Our anticipation is made stronger by the growing darkness around us. The days continue to get shorter, the light continues to diminish. Despite the growing darkness around us, we know that Christmas will come, and after that, the days will get longer, and the light will continue to grow. During December, we experience the growing darkness. We anticipate the coming of the Light into the world, and live in expectant and hopeful watchfulness for that Light to come again. In all your Advent preparations, remain watchful with your eyes on Christ, whose birth in a manger is but a promise of his coming again in glory. And may the blessing of God--Father, Son and Holy Spirit--be with you now and forever. Amen.

Christmas blessings,

Chaplain +Peter Riola



Our Sympathies...

Our sympathies go out to the family and friends of **Jeanette Magnuson, Mary Lou Julien, Nellie Olson, Anna Louise Olson** and **Martin Teske**. They will be remembered at the Memorial Service on Sunday, December 6, 2009 at 2:00 p.m. in the chapel.

Jeanette Magnuson was born June 21, 1920 in Anoka, Minnesota to Sven and Mabel Magnuson.

Jeanette never married. She was a caregiver, was very active in her church, and enjoyed reading in her leisure time.

Jeanette came to Park River Estates Care Center on December 31, 2008 and passed away on November 6, 2009 at the age of 89. Many friends will fondly remember her.

Mary Lou Julien was born April 22, 1936 in Bismark, North Dakota.

Mary Lou was a homemaker, and in her leisure time, enjoyed sports and playing cards and dominoes.

Mary Lou came to Park River Estates Care Center on August 18, 2009 and passed away at Mercy Hospital on November 18, 2009 at the age of 73. She will be deeply missed by her loving husband of 47 years, Earl, sons Ward (Cheryl), Ryan and Eric (Karin), and grandsons Perry, Anthony and Brian.

Nellie Olson was born July 11, 1919 in Minneapolis, Minnesota to Grant and Beula Ruffcorn.

Nellie married Arnold Nelson and they had ten children. Nellie worked making pacemakers, and in her leisure time, enjoyed having coffee with friends.

Nellie came to Park River Estates Care Center on January 25, 2008 and passed away on November 18, 2009 at the age of 90. Husband Arnold Sr., son Arnold Jr. and brother Clarence Ruffcorn precede her in death. She is survived by children Marlys, Arlene, Vanessa, Richard, Robert, James, Gerald, Ronald and Kevin, 20 grandchildren, 32 great-grandchildren, sister-in-law Kathryn, and many other relatives and friends.

Anna Louise Olson was born August 28, 1929 in Tampa, Florida.

Anna Louise was a homemaker, and in her leisure time, enjoyed gardening and listening to talking books.

Anna Louise came to Park River Estates Care Center on September 5, 2007 and passed away on November 18, 2009 at the age of 80. She is preceded in death by husband Gerald and son Terry. She will be deeply missed by sons Stephen (Diana) and William (Linda), grandchildren Jake, Josh, Jenna, Joe, and Faith, great-grandchildren Colton and Macen, nieces, nephews, and other family and friends.

Martin Teske was born October 6, 1910.

He married Loreen and they had five children. Martin was a Sheet Metal worker, Scouter and Vigil Honor member Order of the Arrow, and had a great love for fishing and camping. He also loved gardening and would putter in the flowerbeds at Park River Estates until he was no longer able.

Marty came to Park River Estates Care Center on June 12, 2002 and passed away on November 19, 2009 at the age of 99. He is survived by wife of 59 years, Loreen, 4 sons, 1 daughter, 13 grandchildren, 3 great-granddaughters and many other relatives and friends.

