

Park River Estates Care Center

FEBRUARY 2010 NEWSLETTER

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February 2010

Valentine's Day
February 14, 2010

Presidents Day
February 15, 2010

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Sweetheart Dinner
for married couples
Wednesday, February 10, 2010
at 12:00 noon
in the PRECC chapel.
(Watch for your
invitation in the mail.)

**Coronation of the
King and Queen of Hearts**
Friday, February 19, 2010
at 2:30 p.m.
in the main dining room.

From Your Administrator...

By Tom Pollock

State Survey Revisit Successful: Our annual state survey was conducted from December 7th-10th. On January 19th, two nurses from the MN Department of Health arrived to review our corrections. They stated that we did correct the six minor deficiencies. On January 25th, I did receive a letter confirming the review. A copy of the survey and the corresponding letters are in a folder located across from the receptionist's desk for public view. Please let me know if you have any questions.

Resident Room Safety: We have always encouraged residents to make their room more "home-like" by bringing in personal items such as a favorite chair, pictures, etc. We do, however, want to make sure each room is safe and not cluttered. One way to measure safety is to determine if an ambulance crew can get a gurney in the room. If they can't, this can put a resident's health in jeopardy. If we determine that a room has too much "stuff" in it, we will ask family members/responsible parties to remove certain item to keep our residents safe. We will also look at closets to make sure they are not jammed with items so that a fire hazard may exist. I do realize that many rooms are small and that they are shared with another resident. In the ideal world, each resident would have a private room with their own bathroom. Unfortunately, we do not have 99 private rooms. Please work with us in keeping you and your resident safe! Thank you!!

Legislative Session Begins on February 4th: Both the House and Senate begin their sessions at noon on February 4th. Some say that the session will be quick while others disagree. There are some facts we know: 1) Governor Pawlenty is not running again so he could be a "lame duck" Governor, or he could make some decisions since he is on his way out, 2) Minnesota faces a budget deficit of \$1.2 billion dollars for 2010-2011, and 3) spending cuts will be on the table. What I have heard is that nursing homes are a target for cuts since we "didn't get cut last time". Since Minnesota pays \$23/day/resident below our actual cost, isn't that being cut enough? I want to keep you informed of what the legislature is doing. The squeaky wheel gets the oil first. Please call or email your representative and tell them to support older adult services and not to cut our funding. Thank you.

February Birthdays

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



Jessie Erickson	February 11
Pearl Orrie	February 13
Claus Smith	February 18
Bev Pavcik	February 20
Muriel McClellan	February 24
Marilyn Cotton	February 24
Angelo Manos	February 27

Hello...and Goodbye!

Welcome to **Eunice Long, Leona Hadzima, Jeona Charley, James Harper** and **Genevieve Lennander** who arrived at Park River Estates this month. Please greet them!

Best wishes to **Lola Bjork, Shirley Kirkendall, Helen Grow** and **Donald Granger** who were discharged this past month, and to **Barbara Holth** who was with us for a short time.



Resident Council

Diana Olson, social Services Director called the meeting to order on Tuesday, January 12, 2009 at 3:00 p.m. The meeting began with the Pledge of Allegiance. Minutes of the last meeting were read and approved. Eleven members were present.

As **Old Business**, President Muriel McClellan resigned in January. Diana asked some council members if they would want to run for President. No one at this time wants to be the Council President. Social services will have to have council meetings and search for a President.

As **New Business**, Diana Olson reviewed the Resident Bill of Rights # 6 and 6a – “Residents and/or resident’s representative shall be given by the resident’s physician complete and current information concerning their diagnosis, treatment, alternatives, risk and prognosis as required by the physician’s legal duty to disclose. Residents have the right to keep their own physician and to be fully

informed about their medical care. #7 – “Participation in Planning Treatment – You have the right to participate in planning your care and treatment. You have the right to discuss treatment with individual caregivers. You have the right to attend your formal care conferences.

Safety Concerns: There were none at this time.

The meeting adjourned at 3:30 p.m. The next meeting is scheduled for Tuesday, February 9, 2010 at 3:00 p.m. in the Chapel.

Diana Olson,
Social Service Director/Recorder

The **Family Council** will meet on Tuesday, February 9, 2010 at 4:00 p.m. in the Resident/Visitor lounge.

Activity Planning

An Activity Planning Meeting was held January 5, 2010 at 2:00 p.m. in the Welcome Room. Fourteen residents and four Activity staff were in attendance.

January Events:

Bingo:

- * Cardinals Bingo – 01/06 @ 2:00 p.m.
- * Lioness Bingo – 01/19 @ 2:00 p.m.
- * Lucky ‘Leven Bingo – 01/21 @ 7:00 p.m.
- * King of Glory Bingo – 01/26 @ 7:00 p.m.

Special Music:

- * Don Schoen – 01/02 @ 2:00 p.m.
- * Stacia Congdon – 01/12 @ 2:00 p.m.
- * Top Hat – Birthday Party – 01/20 @ 2:30 p.m.

Other:

- * Kay Marie & Carol’s School of Dance – 01/16 @ 2:00 p.m.

February Events:

Bingo:

- * Cardinals Bingo – 02/03 @ 2:00 p.m.
- * Lioness Bingo – 02/16 @ 2:00 p.m.
- * Lucky ‘Leven Bingo – 02/18 @ 7:00 p.m.
- * King of Glory Bingo – 02/23 @ 7:00 p.m.

Special Music:

- * Don Schoen – 02/06 @ 2:00 p.m.

- * Shirley Spanhanks - Birthday party – 02/17 @ 2:30 p.m.

Other Items of Interest:

The Sweetheart Dinner for married couples will take place on Wed., February 10 at 12:00 noon in the PRECC Chapel. David Allen will provide dinner music. The Coronation of the King & Queen of Hearts will be held on Friday, February 19 at 2:30 p.m.

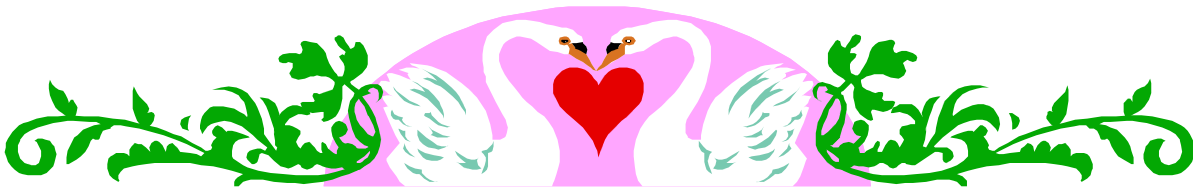
The 15th annual CareFest Auction was held on Thursday, November 5, 2009 bringing in nearly \$2600 to enhance the lives of our residents and for scholarships.

“Lunch In” is tentatively planned for January 29 and February 26. The meal will be from Culver’s in January and Green Mill in February.

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 available to residents. Ask the Activity staff. The Activity Dept. also has a limited amount of donated yarn and craft materials available for residents upon request.

The meeting adjourned at 2:30 p.m. The next meeting will be scheduled in March 2010.



February Trivia

- o The first hospital in the United States opened in Philadelphia on February 11, 1751.
- o The U. S. Weather Service was founded February 9, 1870.
- o Pluto was discovered by Clyde Tombaugh on February 18, 1930.
- o February’s flower is the violet, and its gemstone is the amethyst.
- o Carter G. Woodson, a black historian, first proposed Black History Week which has since been expanded to Black History Month.

Chaplain's Corner

I thank God for the opportunity to work at Park River Estates Care Center, walk the hallowed halls and serve on the Safety Committee. I always look forward to seeing the residents and fellow staff. Imagine, I am doing exactly what I want to do, and I have the chance to think about “a better world,” which brings to mind the work of Dr. William Osler (1849–1919). He came to my attention while I was at Johns Hopkins University Medical School, doing work in medical research ethics. There is an enormous 1905 painting of *The Four Doctors* by John Singer Sargent, which hangs in the Library at Johns Hopkins. Osler is one of the four doctors. He wrote many articles about caring and compassion. He paraphrased the Hippocratic oath: “The love of humanity associated with the love of the craft—*philanthropia* and *philotechnia*, love of humanity, love of technology.” The joy of working joins true love of associates and patients. So we have that ideal of combining compassion with know-how, which is the holy grail of medicine and something we all strive to attain. Dr. Osler addressed health care workers, their areas of competence, compassion and self-care. His motto was “do the kind thing and do it first.” Someone wrote, “He seems to be the least sentimental and the most helpful man I've ever seen. The most lovable.”

One day as Osler was going to graduation ceremonies at Oxford in his full academic regalia, he was stopped by a friend whose son had whooping cough, which then was untreatable. Osler saw the boy had severe bronchitis. Although he was running late, Osler examined the boy and sat at his bedside. The boy wouldn't eat. Osler carefully peeled an orange, broke it into segments, and coated each one with a little bit of sugar. He told the boy that it was magical fruit and that if he would just eat it one piece at a time he would get well. Osler went outside the door then and told the dad, “I'm sorry...but when they're this bad off, they seldom make a full recovery.” Osler was told that the little boy thought he was a magical figure in his academic gown. Thereafter, for the next 40 days, Osler went

to the infirmary carrying his academic gown, put it on outside the boy's door, and then went in. And the little boy made a steady recovery, regaining his health. He did the right thing first...he cared.

CARING FOR THE RIGHT REASONS. What do we mean by compassion? Does caring matter for our own self-esteem? Much, of course, has been written about compassion and empathy, but the vocabulary of caring entails a hierarchy of terms: *beneficence*, which comes from the Latin word meaning “active kindness”; *empathy*, which means “in feeling” (understanding the feelings of each other); *sympathy*, which goes a step further, meaning “like-feeling” or “fellow-feeling;” and *compassion*, which literally means “to suffer with.” Compassion means “taking up your place with the sufferer and suffering with the person.”

Aristotle, in *The Nicomachean Ethics*, wrote about the “pleasure of beneficence.” When we do a good act for someone else, that person usually becomes the incarnation of our own goodness, and so we feel better about ourselves and warmly toward our beneficiary.

Looking at caring for others and caring for oneself, it's useful to look at the Serenity Prayer interpreted by Reinhold Niebuhr: if we can control it and act, that's mastery; if we act and can't control it, that's futility. Failure to act when we can control it is surrender. Failure to act when we cannot control it is serenity. It comes down to making a difference when you can.

God, grant me the serenity

To accept the things I cannot change;

The courage to change the things that I can;

And the wisdom to know the difference.

+ Chaplain Peter Riola

Our Sympathies...

Our sympathies go out to the family and friends of **Eleanora Paulson** and **Charlotte Kaspar**. They will be remembered at the Memorial Service on Sunday, February 7, 2010 at 2:00 p.m. in our chapel.

Eleanora Paulson was born March 16, 1914 in Stewart, Minnesota to Anthony and Mary (Klickhammer) Buhr.

Eleanora married Reuben Paulson on October 27, 1934. To this union, three children were born.

Eleanora was generous with her heart and time for family, friends, church and community. She loved to crochet, bake, travel and play cards. We'll miss her wonderful smile and the twinkle in her eyes.

Eleanora came to Park River Estates Care Center on November 17, 1999 and passed away peacefully on January 13, 2010 at the age of 95. She is preceded in death by husband Rueben, son Tom, grandson Randy, brothers and a sister. She is survived by daughters Mimi (Gene) and Suzanne (Chris), son Craig (Cris), daughter-in-law Marge, 15 grandchildren and their families, sisters Alice, Ruth, Geneva and brother Jim.

Charlotte Jean Kaspar was born on Christmas 1919 to William and Annie Stevenson in Pickford, Michigan. She graduated high school and did factory assembly work.

Charlotte married Ernest Kaspar on October 15, 1945. To this union, two children were born.

Charlotte came to Park River Estates Care Center on September 26, 2008 and passed away suddenly on January 13, 2010 at the age of 90. She is preceded in death by her parents, husband Ernest, sister Annie and brothers Clifford, Fred, Otto, Bill, Alex and infant Verne. She is survived by daughters Jo Ann (Don) and Jean, grandson Aaron, sisters Mary and Sue, brother Robert, and many nieces and nephews. Her ashes will be placed at the Stevenson family gravesite in Stalwart, Michigan. "Thou dost show me the path of life; in thy presence there is fullness of joy, in thy right hand our pleasures are forever more." Psalm 16:11.

