



PARK RIVER ESTATES CARE CENTER

MARCH 2015

NEWSLETTER

March 2015

Daylight Saving Time Begins

March 8, 2015
(Spring ahead one hour!)

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St. Patrick's Day

Tuesday, March 17, 2015



First Day of Spring

Friday, March 20, 2015

Palm Sunday

March 22, 2015

From Your Administrator...

By Tom Pollock

If I was the Governor of MN... I would give all of my employees raises!!! It is interesting that in mid-February, Governor Dayton drafted his state budget and did not include any additional funding for nursing homes because "They received 5% last year!", and yet he gave his commissioners substantial raises because "it is the right thing to do if you want the best". We believe in having the best staff to care for our residents and patients. However, because our payments are fixed by the State of Minnesota, we lose great staff to other jobs because of pay.

I testified last month at the newly formed Committee on Aging along with other healthcare professionals. I stated that in 2014, we lost 20 nursing assistants and 6 Registered Nurses because they said they had another job that paid more. In a hospital setting, a nursing assistant can make \$8,000 more while a Registered Nurse can make \$35,000 more per year. We even lose staff to non-healthcare jobs.

I also attended a town hall meeting in Maple Grove where Representative Joyce Peppin, Representative Dennis Smith and Senator Warren Limmer presided at. When nursing home funding was brought up, Rep. Peppin stated that her mom was in a nursing home. When she would visit her, she would wonder if there would be different staff taking care of her because of the turnover. One person in the audience asked "Why don't they pay them more?" Rep. Peppin asked me to comment on that which I was more than happy to do. I stated that the state of MN has fixed payments to nursing homes regardless of what the cost is. I went on to say that if we gave increases, we could not pass any of the additional cost on. Another person at the meeting stated "That doesn't make sense!" I simply agreed with him. In his budget, Governor Dayton also stated how important it is to improve the transportation system in Minnesota. He stated that "We can't simply keep kicking it down the road or putting it off. If we do, it will cost us too much in the end." Instead of the word "transportation" he could use "senior care". Please contact Governor Dayton and tell him how important it is to have experienced and quality staff caring for you or your loved one. Remind him that 60,000 people per year are turning 65, and that trend will continue for the next 15 years. It will take all of us – seniors, families, caregivers, government and communities – working together to serve the needs of Minnesota's growing senior population. Supporting long term care in the supplemental budget to create a continuum of senior care that lets aging Minnesotans preserve their quality of life for as long as possible, in their communities and near their families.

Have a Happy St. Patrick's Day!

March Birthdays

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



Walter Harmasz	March 01
Lorraine Robinson	March 07
Betty Barrick	March 11
Eunice Schoen	March 13
Myrtle Maki	March 18
Betty Schack	March 23
Joanne Olson	March 24
Javelle Wraneschetz	March 27
Lula Hagen	March 29

Hello...and Goodbye!

Welcome to **Twyla Riddle, Eunice O'Brien, Dorinne Dillon, Helen Delaney, Lorraine Cushing, "Frenchy" Westermann, Diane Poths** and **Thomas Kelly** who were admitted this month. Please greet them!

And best wishes to **Ray Boyer, Elmer Kloepper, Beverly Ubl, Louise Hill, Bill Poppe, Mabel Kirchoff, Ellie Witte, Dick Witte** and **Don Johnson**, who were discharged this month, and to **Michael Kane** who was with us a short time.

Resident Council

The meeting was held on Tuesday, February 10, 2015 at 3:00 p.m. Diana Olson, Social Services called the meeting to order. The meeting began with the Pledge of Allegiance. Minutes of the last meeting were read and approved. Fifteen members were present.

There was no **Old Business**.

As **New Business**, Diana Olson reviewed upcoming events. Diana reviewed Resident Rights, Numbers 1-3. Number 1: All residents have rights. A copy of the Residents Bill of Rights is given to all new residents. Number 1a: Residents have the right to examine the most recent survey results. Number 2: Residents should be treated with respect

by the staff. Number 3: Residents shall have the right to appropriate medical and personal care based on individual needs.

Safety Concerns: There were no safety concerns at this time.

The meeting adjourned at 3:30 p.m.

The next meeting is scheduled for Tuesday, March 10, 2015 at 3:00 p.m. in the Welcome Room.

Diana Olson, Social Service Dir./Recorder

The **Family Council** will meet on March 10, 2015 at 1:30 p.m. in the Resident/Visitor lounge.

Sweetheart Dinner



Park River Estates Care Center hosted a Sweetheart Dinner for our married couples in long-term care on February 12th. Fifteen couples attended. A fabulous dinner was served and dinner music was provided by David Allen.

Coronation of the King & Queen of Hearts

Congratulations to our King of Hearts **Bob Hastings**, and our Queen of Hearts **Loretta Matlack**! Runners-up were Walter Harnasz and Betty Barrick. The coronation took place on Friday, March 13, 2015.



The Silver Screen

In honor of the Academy Awards held in February and the stars from years past, match each star's first and last name by placing the correct letter in the blank beside the other half of the actor or actress's name.

_____ 1. Sarah

A. Valentino

_____ 2. Charlie

B. Bow

_____ 3. Gloria

C. Pickford

_____ 4. Douglas

D. Bara

_____ 5. Lillian

E. Barrymore

_____ 6. Fay

F. Marx

_____ 7. Harold

G. Keaton

_____ 8. Theda

H. Bernhardt

_____ 9. Rudolph

I. Menjou

_____ 10. Adolphe

J. Swanson

_____ 11. Groucho

K. Wray

_____ 12. Clara

L. Lloyd

_____ 13. Mary

M. Chaplin

_____ 14. John and Ethel

N. Fairbanks

_____ 15. Buster

O. Gish

Chaplain's Corner

Longing for the Light

Today, while writing this article, the sun shines brightly on a snow-covered lawn. It sparks my mood and my productivity to think we are emerging from the winter of so many cloudy, dreary days.

Did you know here in Minnesota we are gaining approximately 3 minutes of sunlight each day during the month of March? (We begin March with 11 hours, 8 minutes of sunlight and end the month with 12 hours, 43 minutes of sunlight.) The vernal equinox takes place on March 20 when we will see nearly 12 hours of daylight and 12 hours of night. Since January 1st (with its 8 hours, 50 min of daylight) we will have gained 4 hours of sunlight per day by March 31st! Yeah!

When the sun shines it lifts our spirits, we feel happier. Did you know there is a disorder linked to the lack of sunlight in the wintertime? Some persons suffer with Seasonal Affective Disorder (SAD). They experience low energy, extreme tiredness, and even depression in the winter. And you thought it was just the 'winter blues!' Thankfully, the 'winter blues' diminish when spring arrives.

Thank God for the sun. He's the One who made it. He said "Let there be light." And there was light! Our earth depends upon the sun for its very existence. Amazingly, our sun is exactly the right

distance from the earth to support life on this planet. We depend upon the sun.

As important as the sun is to our physical, mental and emotional well-being on this earth, one day there will be no need of the sun. Those who are preparing for their heavenly dwelling will one day discover the brilliance of Jesus Christ outshines all other light-sources.

*"The twelve gates were made of pearls—each gate from a single pearl! And the main street was pure gold, as clear as glass. I saw no temple in the city, for the Lord God Almighty and the Lamb are its temple. And the city has no need of sun or moon, for the glory of God illuminates the city and **the Lamb is its light**. The nations will walk in its light, and the kings of the world will enter the city in all their glory." (Revelation 21:21-24).*

Are you contemplating your heavenly home and your heavenly Light-Giver in all His brilliance? We give much thought and preparation to every other aspect of our final years, so it makes sense to make preparations for our eternal well-being. Are you looking to Him for illumination—wisdom? Are you experiencing His warmth of soul as you pray? He really loves you and me much more than we know!

+Chaplain Sherree Lane



Silver Screen answers: 1. H, 2. M, 3. J, 4. N, 5. O, 6. K, 7. L, 8. D, 9. A, 10. I, 11. F, 12. B, 13. C, 14. E, 15. G.

Our Sympathies...

Our sympathies go out to the family and friends of **Lorraine Fedick, James Oakes** and **Barbara Maurer**. They will be remembered at the Memorial Service on Sunday, March 1, 2015 at 2:00 p.m. in the Park River Estates Chapel.

Lorraine Fedick was born July 1, 1927 in Frederick, Wisconsin.

Lorraine married Joseph Fedick in 1948, and to this union, seven children were born. Lorraine was a homemaker and did some factory work. She enjoyed a variety of activities here at Park River Estates and also enjoyed watching a variety of programs on TV. She had a great smile and sense of humor.

Lorraine came to Park River Estates Care Center on September 10, 2011 and passed away on January 31, 2015 at the age of 87. She is preceded in death by her husband and daughter Mary Ann, and is survived by children Dehlia (Charles), Joseph (Barbara), Marie (Micky), Richard (Shelley), Betty (Cliff) and Chelsea (LaVern), and many loving grandchildren and great grandchildren.

James Oakes was born May 4, 1931 in Minneapolis, Minnesota. He graduated from Patrick Henry High and the Minnesota School of Business and worked as a computer programmer and was also a hardware store owner. He also served in the Army for two years.

James married Clarine and to this union, four children were born. He enjoyed cribbage, sports and the outdoors, reading and watching TV.

James came to Park River Estates Care Center on January 14, 2015 and passed away on February 4, 2015 at the age of 83. He is survived by his loving wife, children Tim (Mary Lou), Rick (Barb), Jeff (Donna) and Ann (Doug), six

granddaughters, one great granddaughter, brothers Thomas (Constance) and Terrance (Kathleen) and sister-in-law Doris.

Barbara Maurer was born August 26, 1929 in Salt Lake City, Utah.

Barb married Walter Maurer, and to this union, six children were born. She was a homemaker and also worked at Honeywell for 18 years. In her leisure time, Barb enjoyed baking & cooking, playing cards and bingo, shopping, reading, knitting, watching TV and working on jigsaw puzzles.

Barb came to Park River Estates Care Center on January 6, 2006 and passed away on February 9, 2015 at the age of 85. She is preceded in death by her husband, son Walter and two brothers, and is survived by children William (Patti), Skip (Kelly), Kelly, Becky (Mike) and John (Julie), eleven grandchildren, 8 great grandchildren, sister Sharon and other relatives and friends.

* * *

Brian Peterson came to the Park River Estates TCU on December 12, 2014 and passed away on January 28, 2015 at the age of 65. He is survived by father Carl, step-mother Dottie, sisters Mary (Jaimie) and Janis, step-sister Marie, nieces Gisela and Andrea (Leo), grand nephew David and many loving cousins and friends. Brian's understated generosity, kindness and extraordinary sense of humor will be greatly missed.

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.....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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and friends of Park River Estates Care Center can
find us online at www.northcitieshealthcare.com.

Editorial Policy:

All articles should be directed to
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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.

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.