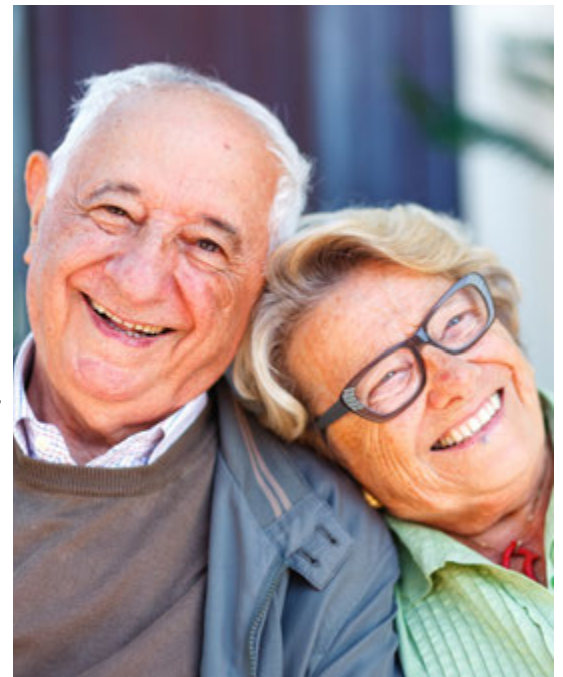


# GOOD Life News

*at St. Anthony Health Center*

OCTOBER 2017

[www.stanthonyhealthcenter.com](http://www.stanthonyhealthcenter.com)



## Executive Director

Dear Residents, Families and Friends,

Happy October to all!

As of Nov. 16, Federal Regulations require Skilled Nursing Facilities to have a comprehensive Emergency Operations Plan in place. We have been working on our policies and procedures throughout the year as a team to prepare for these new requirements. These policies are based on an "All-Hazards Risk Assessment" that we completed with guidance from the St. Anthony Fire Department and St. Anthony Police Department. The purpose of the Risk Assessment is to determine all possible internal and external threats to our residents, and helps rank the threats to determine how we prepare.

The staff was all educated on the Emergency Plan in September. Starting in October, the binder of emergency procedures can be found at the front desk if you wish to read it.

If you have any questions or comments, please feel free to reach me at 612-913-5304 or at [claire.carpenter@stanthonyhealthcenter.com](mailto:claire.carpenter@stanthonyhealthcenter.com). I'd love to hear your feedback on the plan.

Best Wishes,  
*Claire Carpenter, NHA*  
Executive Director

## Employee of the Month at St. Anthony Health Center

Congratulations to Mary Sorsoleil, our October 2017 Employee of the Month. Mary is a Nursing Assistant on the Garden Court Unit (Memory Care). Many families have stated how wonderful Mary is with their loved ones. Mary is kind, patient and treats the residents like they were her own grandparents. Mary knows the residents' preferences, dislikes and how to de-escalate behavioral issues.

Congratulations, Mary!



**Our Talk.  
Our Walk.  
Every Day!**

## Health Literacy Month

This annual October observance is designed to focus national attention on becoming activists of our own longevity. Taking steps to ensure one's own health and wellbeing in mind, body and spirit can take many forms. One of the most important things we can do is recognize the effects of aging and adopt a lifestyle that combats the process. Of course, this can include healthy eating, staying active, preventing falls, and correctly managing medications. We invite you to visit The Goodman Group's informational and inspiring blogs on health and wellness. Visit [blog.thegoodmangroup.com](http://blog.thegoodmangroup.com).

## Life Enrichment in October

We have two outings this month — we are going to the Apple Orchard in October and the second outing is to the Minnesota Landscape Arboretum where we will go on the three-mile drive, see the creative scarecrow exhibit and have lunch. Please sign up with Life Enrichment.

As you know, we have been having fun with clay. Now we are introducing working with bowls. We will be doing a St. Anthony Health Center Empty Bowls Project. Empty Bowls is an international project to fight hunger.

First, we make the bowls and decorate them (staff and residents). We will have a soup event in March. Staff and families contribute crock-pots of their favorite soup and bread. Community and families can buy a bowl; it gets filled with soup and they take home the bowl. Proceeds will be donated to a local food shelf of the residents' choice. To kick this off on Oct. 13, my husband and I (we are potters) will bring in our electric wheel and throw bowls, as many as we can in an hour or two. The residents will make more types of bowls. You are welcome to come and make a bowl with your loved one. We also invite you to attend the Empty Bowl event in March.

Eddie's Goat Milk Products Company is bringing back the baby goats. Last time, the residents held two-day-old baby goats in their arms. The smiles and the contentment were contagious. Look for these adorable cuties Oct. 20, 2 p.m.!

October 26 is our Resident Halloween Party with music by the mischievous Sean Sweeney. The Life Enrichment staff have their costume theme all picked out. It should be spook-tacular. Please join us!

— Jessica Blum, MS, CTRS

## From The Desk of the Spiritual Director

Resilience of the Human Spirit

About a month ago, I found myself glued to the television looking for the latest news about the people who were being affected by Harvey and Irma. The forecasts, the models and all the experts were doing their best and yet the power of creation was not listening. Many people found themselves in unexpected floods, high winds and danger.

It was the countless stories of the people that caught my attention. One woman was sitting in a shelter without her husband. She was safe, but her husband remained behind to ride out the storm at a hospital because 800 patients could not be moved. I can't forget the traffic jam of trucks and boats on the roads going into the flooded areas of Texas to save flood victims. The news today focused on the first responders who are engaged in search and rescue in Florida. Why do they go into the storm?

They are resilient. "Resilience of the human spirit means being able to cope with adversity while being able to not only accept what has happened but also continue forth with the ability to find some form of happiness." Nurses, doctors, first responders, military veterans, teachers, parents ... all of us have been created with the ability to be resilient.

This month, I invite you to consider all the difficult events you have been through in your life where you showed resilience. Celebrate it! CNN won't come to you for an interview, but pat yourself on the back and hear yourself say:

"It happened and I made it!"

## From Mariah, Director of Dining Services

Greetings from the Kitchen staff! I hope everyone has enjoyed the month of September and is excited for the beautiful fall months right around the corner! Last month, we had two special meals including our Labor Day barbecue meal, as well as our resident choice meal of a Reuben sandwich and beer cheese soup. With this coming month, we will celebrate Oktoberfest with bratwursts and warm pretzels, as well as Halloween with a special "spooky" themed meal. With the coming of fall, our new cool weather menus will showcase lots of hearty soups and warm dishes that are a staple to Minnesota tradition. Our resident choice meal for October is yet to be determined, so if you have suggestions, please attend the next Resident Council and let us know what you would like to see on the menu! As always, warm wishes from the Kitchen.

— Mariah Westlie



## Nursing News

It's Flu (Influenza) Season Again!

Why should people get vaccinated against the flu?

Influenza is a serious disease that can lead to hospitalization and sometimes even death. Every flu season is different and influenza infection can affect people differently. Even healthy people can get very sick from the flu and spread it to others. During a regular flu season, about 90 percent of deaths occur in people 65 years and older. The "seasonal flu season" in the United States can begin as early as October and last as late as May.

During this time, flu viruses are circulating in the population. An annual seasonal flu vaccine (either the flu shot or the nasal-spray flu vaccine) is the best way to reduce the chances that you will get seasonal flu and lessen the chance that you will spread it to others. When more people get vaccinated against the flu, less flu can spread through that community.

Our goal is to have ALL residents in the facility vaccinated against the flu and 90 percent of staff vaccinated against the flu (we met our 90 percent staff vaccinated goal last year). We were very fortunate to not have any cases of Influenza in our residents last year and are hoping with vaccination to not have it in the facility again this year.

Have a wonderful October!

Please let me know if you have any questions or concerns with the care of your loved one.

— Joy Gorder, RN, C  
Director of Nursing



## In Loving Memory

We Remember:

Timothy S.

Laura R.

Audrey J.

Telesphorel P.

Candace C.

Lucena C.

Jacqueline B.

Sonja S.

## School Days, School Days, Dear Old Golden Rule Days!

Last month, September, was "back-to-school" for many kids — and adults! The "School Days" song I referenced in the title was written in 1907 and probably something most of us grew up singing. It got me thinking about my own school days. During grades 1-4, I went to a "one-room" country school in western Minnesota. We never had a kindergarten, so when I read "All I Need to Know about Life I Learned in Kindergarten," I wondered if I'd missed out on some critical life learnings! Country school still brings back a lot of memories. We had 11 students my last year, grades 1-6. Our class was the largest with four (bragging rights). No running water, so water had to be brought in every day for drinking and washing hands. We built snow forts in the winter, played softball in the fall and spring, and created a lot of our own "games" in between — like seeing how far one could walk on the ice forming on the water in the road ditch! Trust me, not far. I hope you'll share your own memories of early school days when you get together with family and friends this month.

Please join us for Family Council the second Thursday of each month at 10:30 a.m. in the Community Room. We are typically joined each month by the Executive Director Claire Carpenter and we talk about a variety of topics. It's a great way to stay informed. If you would like to receive a copy of the minutes by email and receive your monthly copy of the newsletter and calendars, just send me an email (or call).

Family Council Basket Raffle: The Basket Raffle for 2017 has been set for Nov. 30 and Dec. 1 and 2 (Thursday, Friday and Saturday). Mark your calendar now — watch for more information and what you can do to help make it the success it has always been! For more information call Carole Arndt, 651-639-1008.

— Carole Arndt,  
Family Council Facilitator

# St. Anthony Health Center

3700 Foss Road  
Minneapolis, MN 55421  
612-788-9673



A PLATINUM SERVICE®  
COMMUNITY MANAGED BY



The Goodman Group  
*Moments matter. Live them well.®*

thegoodmangroup.com

## Staff

### Executive Director

Claire Carpenter: 612-913-5304

### Director of Nursing

Joy Gorder: 612-913-5307

### Environmental Services Director

Deb Hofmann: 612-913-5348

### Life Enrichment Director

Jessica Blum 612-913-5318

### 2S Nurse Manager

Sheila Husbyn: 612-913-5373

### 2N Nurse Manager

Jones Tefe: 612-913-5308

### Sub-Acute Nurse Manager

Gio Sarita: 612-913-5403

### 1 East/Garden Court Manager

Heidi Olson: 612-913-5357

### Nurses Stations

2S: 612-913-5311

2N: 612-913-5313

Garden Court: 612-913-5325

Sub-Acute East: 612-913-5315

Sub-Acute: 612-913-5361

### QIC Nurse

Jessi Geisbauer: 612-913-5396

### Director of Dining Services

Mariah Westlie: 612-913-5310

### Maintenance Supervisor

Bill Stern: 612-913-5319

### Admissions Director

Wendy Nelson: 612-913-5309

### Business Office Director

Barb Noren: 612-913-5305

### Medical Records Director

Kristin Lodermeier:  
612-913-5306

### Rehab Director

Jamie Garnto: 612-913-5317

### Social Service Director

Lindsey Miller: 612-913-5322

### Beautician

Kovettia Johnson: 612-913-5329

### Spiritual Director

Linda Boyadjis

### Social Services

Laura Willis, Second Floor  
Social Worker: 612-913-5405

### Life Enrichment Department

612-913-5353

## Resident Birthdays in October

Marjorie E. — 10/1	Jean B. — 10/12
James K. — 10/2	Katherine H. — 10/17
Alaine J. — 10/5	Mary B. — 10/22
Amy S. — 10/8	James L. — 10/25

