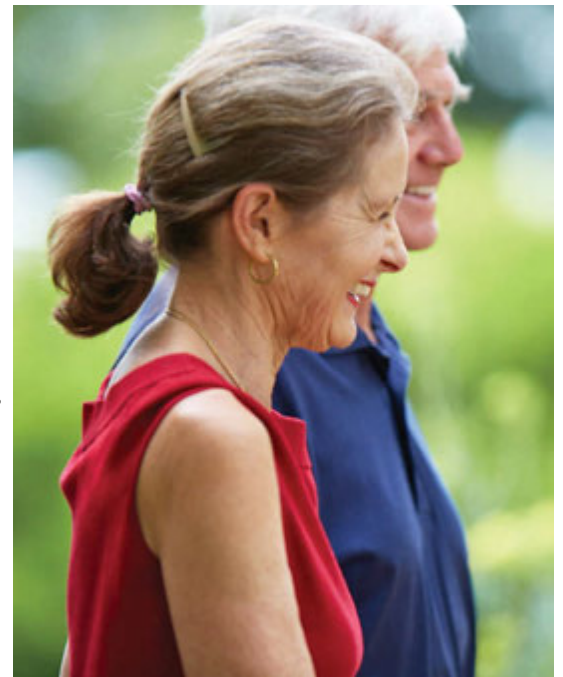


GOOD Life News

at St. Anthony Health Center

JUNE 2017

www.stanthonyhealthcenter.com



Executive Director

Dear Residents, Family and Friends,

Happy June to all! This month I will bring back our Platinum Service® Standards, with the next five principles out of 20 Principles every employee at St. Anthony learns. St. Anthony Health Center trains all of our employees on 20 main principles. It is our responsibility to ensure we are providing unparalleled service committed to following our service philosophy. The next five Platinum Service® Standards are:

11. I am prompt and responsible. I complete my commitments with competence, showing my professionalism and dedication.
12. I respond to each resident's style and cues. I adjust my pace and service delivery accordingly.
13. I play a critical role in reporting and resolving service concerns and promptly follow up to ensure resident satisfaction.
14. I am respectful of our residents' personal time and privacy. I understand the importance of confidentiality within our community, directing inquiries to management.
15. I understand the importance of proper communication. The words I use in all forms of communication, written, verbal and non-verbal, are aligned with our image.

Next month I will share the next five Platinum Service® Standards! Should you ever have any questions or concerns, please feel free to contact me either by email, stop by the office or call me.

Best Wishes,
Claire Carpenter, NHA
Executive Director

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

National Safety Month

Summer's start is a great time to think about safety. Warm weather may be calling people outside, but outdoor activities also open the door to potential accidents. The National Safety Council designates June as National Safety Month – a great time to reconsider how we can “Keep Each Other Safe,” this year's theme. You may be surprised to hear that one in three people over 65 falls each year, making it the leading cause of injuries for the age group. Exercise can be the first defense against falls. FIT Functional Fitness® offers various programs that can help increase muscle and bone strength!

Family Council

Springtime in Minnesota

By the time you read this, we will be closing out May — one of my most favorite months of the year! It's the time of year Minnesota seems to come to life. I remember traveling for most of May several years ago. When I returned, I felt like I had missed out on so much and vowed never to be away from Minnesota in May if I could help it. I was sitting in Family Council today and got to see the duck babies and their mom in the Garden Court Courtyard. I came home and saw the Orioles eating grape jelly from the feeder in our back yard. We have a baby bunny hiding in the daylilies that are now emerging. Our fragrant crab apple tree and our rhododendron are in full bloom. I hope you had a great May and that you took the time to enjoy all that Minnesota has to offer. Perhaps you were able to join your loved one at one of the many activities that were planned at SAHC during National Nursing Home Week, maybe you were able to celebrate Mother's Day with someone you love or maybe you got to take in a little fishing. There is so much to do and see and smell and touch. I can't wait until next May!

I hope you'll be able to join us for Family Council, held the second Thursday of each month at 10:30 a.m. If you'd like to get on the email list to receive a copy of the minutes, just let me know.

Carole Arndt
Family Council Facilitator
carndt@mnmicro.net

Employee of The Month

Congratulations to Mamadee Sackor, the Employee of the Month for June 2017. Mamadee is a Nursing Assistant. Mamadee was nominated by several co-workers. The nomination forms state "Mamadee is always a team player. Several times he has been pulled to other units and does it with a smile. Several of the times, he had already gotten his residents up and moved to another unit and got another group of residents up. To Mamadee, the residents always come first, and he always gives 110 percent."

Congratulations, Mamadee!

June with Life Enrichment

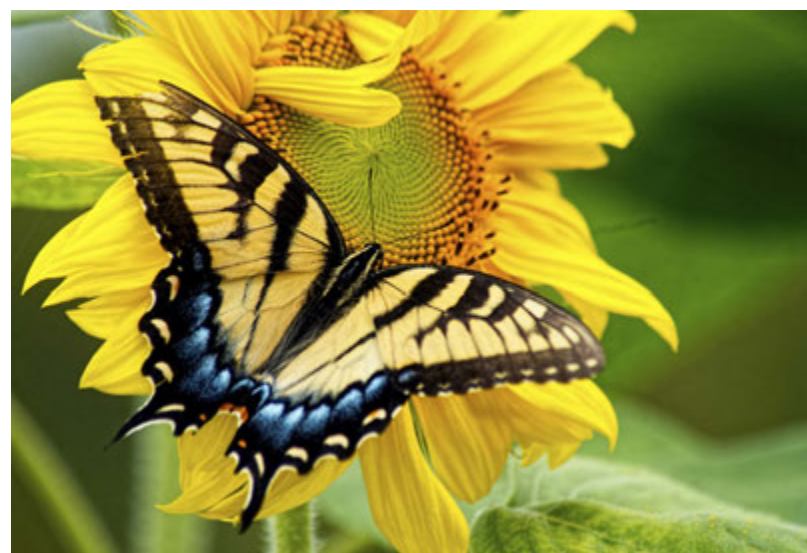
The Life Enrichment Department has a butterfly theme this month. We will have butterfly gardens of our own to tend, watch caterpillars transform and release. We will visit Como Zoo (June 27) and attend the Butterfly Garden, where they have over 400 species of butterflies from Africa, Asia and the Americas released daily. It is quite the experience.

Another outdoor outing will be to a park to picnic, play outdoor games and enjoy a lake, the wind and the sky on June 1.

We will celebrate Father's day on Friday, June 16, with music by Ralph Hintz, hopefully outside. I hope you can join us.

On June 22, we have the annual Ice Cream social combined with Chandler at 7 p.m. in the evening with the St Anthony Orchestra. There is a lot to look forward to this June!

Thank you
Jessica Blum
Life Enrichment Director



Spiritual Care

How to Contact the Spiritual Director

During the last week of April, I led an Ecumenical Worship Service on prayer where we explored what it meant to pray for each other in our community of residents and staff. After the service, I realized most of you may not know how to get in contact with me for prayer requests or to schedule a visit. The Goodman Group Corporate Office has changed the role of spiritual care slightly from previous Chaplains and has asked me to make one-to-one visits with residents an important part of my work. My role as a Spiritual Director, also goes far beyond religious discussions. I am happy to help with the stresses and demands of life whether you are strongly following a faith tradition or have no faith at all. Feel free to make an appointment if you would like to talk and sort out things that are weighing on your mind. We can meet in your room, apartment, outside or at my office.

Here are some ways to grab my attention:

1. Direct phone and voicemail is 651-252-9650 (This is the best)
2. Tell any member of the staff you would like to speak with the Spiritual Director. If you don't remember my name, that is okay. I am the only one.

You will never be a bother to me.

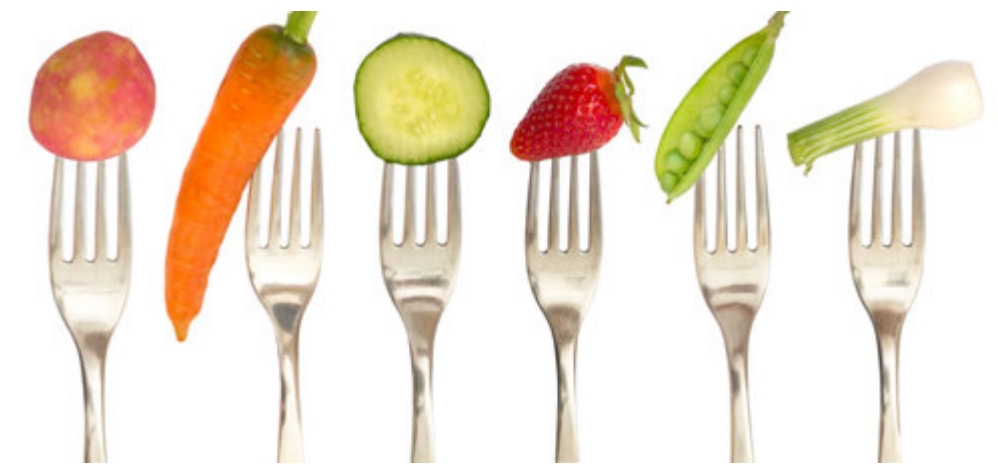
I have been part of your community since Christmas, and my time here has been full blessings and joys. Whether you are connected to a faith tradition, have no religion at all or are somewhere in between, I would love to get to know you. Everyone who connects with me, for any reason, will be given respect and dignity regardless of where you are in your spiritual journey. If you have prayer requests, a desire to share your joys and struggles, would like to pray together or simply talk about the stresses of life, I will make myself available. Our community consists of residents, families and staff at St Anthony Health Center, and it is my hope that everyone, including staff, will feel welcomed and safe in connecting with me.

Linda Boyadjis
Spiritual Director

Food and Beverage/ Dining Services

Greetings from the kitchen staff! I hope everyone has enjoyed the month of May and is getting ready for the summertime! Last month, we enjoyed quite a few special treats as we celebrated National Nursing Home week, as well as Mother's Day and our resident choice meal. We have officially started rolling out our summer menus, so expect to see more salads and grill-time favorites such as hamburgers and hot dogs, as well as lots of fresh fruit and vegetables! This coming month, we will have another resident choice meal, as well as our Father's Day celebration, which will feature sirloin steak. If you ever have any menu ideas or suggestions, please feel free to stop by the kitchen. As always, warm wishes from the kitchen.

Mariah Westlie, MS, RD, CDM



Nursing/Health Care

Nursing News:

Celebrating National Nursing Assistants Week: June 15-22.

As a nurse who started her career at 15 years old as a Nursing Assistant, I know firsthand how hard Nursing Assistants work and how much they mean to a healthcare team. National Nursing Assistants Week is the ideal time to call attention to the invaluable work and care nursing assistants provide on behalf of our residents and families. It provides us an opportunity to recognize and thank those individuals who provide this important role in our health care system.

It is often said Nursing Assistants are special because they do a job other people can't do. I believe Nursing Assistants are special because "they choose" to do a job other people "won't do."

Our nation's Nursing Assistants have chosen an occupation that offers them low pay, little recognition and most often, physically and emotionally demanding work, for what? If you ask them, it is because that was what they were called to do; to provide comfort, care and show compassion to those they serve. Quite simply, they love our residents.

The annual observance of Nursing Assistants' Week is a special time to celebrate and recognize the efforts of the Nursing Assistant in long-term care services. St. Anthony Health Center has some pretty fantastic Nursing Assistants who care for your loved ones!

Have a wonderful June!

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

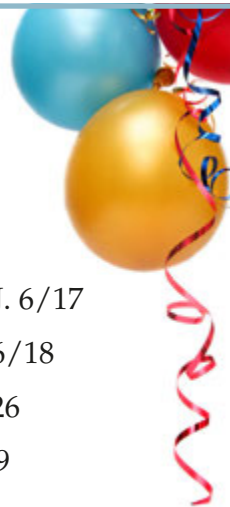
Joy Gorder, RN,C
Director of Nursing

Resident Birthdays

June Birthdays

Catherine B. 6/2	Genevieve J. 6/17
John B. 6/5	Rodney B. 6/18
Karen E. 6/6	Alice B. 6/26
Rose W. 6/11	Earl N. 6/29
Christopher H. 6/12	

Please join us for a June birthday celebration on 2S June 8, at 2:30 p.m., with music by Mary Franz and refreshments.



St. Anthony Health Center

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COMMUNITY MANAGED BY



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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

We Remember

In Loving Memory of:

- Patricia N.
- Dennis R.
- William L.

A memorial service will be held
June 25 at 2 p.m. in the Chandler Place
Dining Room.

Please join us for refreshments after
the service.

