

GOOD Life News

at St. Anthony Health Center

DECEMBER 2017

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Executive Director

Dear Residents, Staff, Family and Friends,

Happy Holidays! Please take advantage of the wonderful activities taking place in December. The Life Enrichment team has the schedule jam-packed full with holiday entertainment and outings. One of the most anticipated events throughout the year is the Giving Tree. The Giving Tree will give each resident an opportunity to receive a gift by writing a wish on a slip of paper which is hung on a tree (\$15 budget). The tree will be decorated with the wish list papers and will be located in the front lobby. If you wish to purchase a particular gift, you may take a tag from the tree and bring in the wrapped present. Wrapped presents must be in by Monday, Dec. 11, which gives the life Enrichment team time to organize and cue up for Santa. Donations from families and staff will purchase the resident gifts.

"This is my wish for you: peace of mind, prosperity through the year, happiness that multiplies, health for you and yours, fun around every corner, energy to chase your dreams, joy to fill your holidays!" -D.M. Dellinger

I wish you all a wonderful Holiday Season!

Best Wishes,
Claire Carpenter, NHA
Executive Director

In Loving Memory

We remember:

- William M.
- Jean B.
- Eleuteria L.
- Gerhard V.
- Eddie C.
- Linda W.

Please join us Jan. 7 in the Chandler Dining room at 2:30 p.m. for a memorial service and refreshments afterwards



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"I am committed to my ongoing development. Knowledge and skills are essential in creating a great experience for our residents."

We use this Platinum Service mission in all we do to create a wonderful, safe and friendly community for our residents to call home. When we live up to the mantra of "Putting you at the heart of everything we do," we know that residents, families and team members are enjoying a positive, enriching experience each day. Understanding how to better serve our residents and families is very important to us. It helps make us contributing and supportive members of the community we serve!

Food and Beverage/ Dining Services



Greetings from the kitchen staff!

I hope everyone has enjoyed the month of November and is excited for the upcoming holiday season!

Last month, we enjoyed two special themed meals including our resident choice meal and our bountiful Thanksgiving dinner. The resident choice meal featured our taco salad with refried beans and fiesta vegetables, while our Thanksgiving dinner featured turkey, green bean casserole and Dutch apple pie. This coming month, we will celebrate our winter holiday meal with prime rib, garlic mashed potatoes and assorted cheesecakes; yum! Our resident choice meal for December 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.

Nursing News

Happy Holiday Season!

During the festive season, please remember:

Staff are unable to accept gifts on an individual basis. Simple gifts that may be shared with all the staff are acceptable such as fruit, candy, baked goods, etc.

We have been very busy with writing policies, developing procedures and training staff on all of the new CMS Requirements of Participation (RoPs) — also known as the “Mega Rule” or “Final Rule.” These new requirements represent the first comprehensive changes made to the requirements for long-term care providers participating in the Medicare and Medicaid programs since 1991.

I will briefly touch on a new change to the requirements each month. One change is how the staff are able to administer medications for residents that require their medications to be crushed. For many decades, it was acceptable to crush medications together, mix them with pudding, apple sauce or something similar, and administer them to residents who had difficulty in swallowing pills. There were never any documented side effects by crushing pills together.

However, the new Federal Nursing Home Regulation: F760 CFR 483.45(f)(2) regarding significant medication errors, states that medications must be crushed separately and given separately. If a resident had been receiving six crushed pills together, the new regulation will not allow it. This means that our nursing staff will have to crush six pills separately, mix them with applesauce in six separate cups and administer them separately. This obviously will take more time for the nurses to complete their medication administration task.

Please let me know if you have any questions or any other care concerns. Thank you for allowing us to serve your loved ones.

Have a wonderful Holiday Season!

Joy Gorder, RN,C
Director of Nursing

From The Desk of the Spiritual Director

We are in the midst of a time a year that can bring great joy or cause us to take stock in our worth. I would like to share with you a story about 200 people who were changed by a \$20 bill.

A well-known speaker started off his seminar by holding up a \$20 bill. In the room of 200, he asked, “Who would like this \$20 bill?” Hands started going up. He said, “I am going to give this \$20 to one of you, but first, let me do this.” He proceeded to crumple the 20 dollar note up. He then asked, “Who still wants it?” Still the hands were up in the air. “Well,” he replied, “what if I do this?” He dropped it on the ground and started to grind it into the floor with his shoe. He picked it up, now crumpled and dirty. “Now, who still wants it?” Still the hands went into the air.

“My friends, you have all learned a very valuable lesson. No matter what I did to the money, you still wanted it because it did not decrease in value. It was still worth \$20. Many times in our lives, we are dropped, crumpled and ground into the dirt by the decisions we make and the circumstances that come our way. We feel as though we are worthless; but no matter what happened or what will happen, you will never lose your value.”

Dirty or clean, crumpled or finely creased, you are still priceless to those who love you. The worth of our lives comes, not in what we do or who we know, but by who we are.

You are special, don't ever forget it.

Chaplain Linda Boyadjis
Spiritual Director

Life Enrichment

Season's Greetings! The busy Holiday season is upon us, and things are very busy for the Life Enrichment Department as well. Before we get into the events for the month, we would like to make an announcement. You may have heard Jessica is moving on to a facility closer to her home and her last day was on Nov. 15. That said, we are excited to announce that Life Enrichment Coordinator Jamie Hetherington has been promoted to the role of Life Enrichment Director. Jamie has been a Life Enrichment Coordinator here at St. Anthony for over nine years, working with both short term and long term care residents. A few words from Jamie about the change:

“I am very excited to step into the role of Life Enrichment Director and greatly look forward to managing the team here. Like Jessica before me, I am an artist and hope to continue to provide our residents with programs that foster their needs to be creative. I especially enjoy creating and executing programs in which our residents learn something new. There's just some gleam in the eye when that happens that really gets me excited! I'm grateful to have the opportunity to serve our residents in my new role and welcome all to contact me with any questions!”

December starts off with the annual Family Council basket raffle. They always do a fabulous job and have great items to raffle; I hope you have chance to participate. We are planning to have another restaurant outing in the beginning of the month, some Holiday themed games, hot cocoa socials and more. Mark your calendars for the annual Resident Christmas Party on Thursday, Dec. 14, at 7 p.m. Curtis and Loretta will be providing music dressed in their Victorian garb, and there will be a special appearance by Santa to hand each resident their personalized gift courtesy of the Giving Tree. The Music Men return for a Holiday themed concert on Dec. 21 at 7:15 p.m. in the Chandler dining room, a resident favorite. We will hold our New Year's party on Dec. 30, featuring guitar music and James Taylor-style vocals by Jim Kirkendall.

Resident Birthdays

Happy Birthday to:

Irma K., 12/3

Alan K., 12/4

Kay R., 12/6

Joelyn, 12/11

Ray J., 12/16

Jacqueline C., 12/23

Edward S., 12/24

Priscilla A., 12/25

Elizabeth V., 12/25

Patricia D., 12/26

Darlene D., 12/31

Please join us to celebrate our December birthdays on Dec. 7 with Joe Macko, a resident favorite.



From Family Council

Basket Raffle ends Dec. 2 at 6 p.m.

Just a quick reminder, the Family Council Basket Raffle runs from Thursday to Saturday, Nov. 30, Dec. 1 and 2, from 9 a.m. to 6 p.m. If you are reading this at the end of November, it's not too late to hurry in and be a part of a fun and fundraising event!

We've ordered an awning for Garden Court Courtyard, and with the proceeds from this year's Raffle, we should be able to make the full payment with delivery in the spring. The renovated Courtyard was in full bloom this summer, complete with a couple of duck families that were hatched, grew a little and “herded” to the big pond when they got a little older. I have a sneaking suspicion we'll have new babies next year, and it will be nice to watch them from under the welcome shade of the awning. Thank you for your generous donations and ticket purchases the last several years which have allowed us to purchase some significant gifts to enrich the lives of the residents (and family and friends) of SAHR.

Join us if you can for our monthly meetings, the second Thursday of each month at 10:30 a.m. in the Community Room.

— Carole Arndt
651-639-1008 or carndt@mnmicro.net

St. Anthony Health Center

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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

Music and Memory

St. Anthony Health Center is proud to be certified in Music and Memory. This is a wonderful format to bring personalized music to your loved one via MP3, iShuffles and iTunes. With this program, if you have CDs that your loved one likes, bring them to Life Enrichment and we can copy it, return the CD and load it up on an MP3 or and iShuffle. We have one wonderful volunteer (Sue, you know who you are) who comes to upload music for us, so we could use more help! The healing, calming and engaging power of music is here.