

# GOOD Life News

*at St. Anthony Health and Rehab*

JANUARY 2019

www.stanthonyhealthcenter.com



## From the Director's Desk

Dear Residents, Staff, Family and Friends,

Happy January to you all! As we look ahead to the next year, we often look at the "resolutions" that we make for ourselves for the upcoming year. It can be a time of reflection and excitement for all that will be in 2019. I am very much looking forward to continuing to work with each of you, and have been so blessed by the wonderful reception and good will that I have received from each of you as your executive director.



We will begin January with a brand new Medical Records Director at our health center. Pam Fabel comes with many years of experience and we are very excited to have her join our leadership team! Please join me in welcoming her to our community.

Once again, I am so happy to be a part of your wonderful home at St. Anthony Health and Rehabilitation. As always, if you have any questions or concerns, please feel free and contact me either by email, stop by my office, or call me. We are very fortunate to have you all in our lives here at St. Anthony Health and Rehabilitation.

I hope this message finds you healthy, safe, and happy in 2019.

Warm Wishes,  
*Shari McNamara, LNHA*  
Executive Director

## Employee of the Month

Congratulations to Nadine Hinson, our January 2019 employee of the month. Nadine works in the dining services department. Nadine was nominated by a co-worker for all of her kindness and patience shown to all of the residents. Nadine is frequently seen taking time out of her day to help transport residents to where they need to go.

Congratulations Nadine!

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

**Platinum Service®  
Standard #6**

*"I enjoy what I do. I have a warm, caring and positive attitude that makes our communities great places to live and work."*

Having a positive attitude and an optimistic view of life are two things that intertwine to help us find happiness, both in our personal lives and at work. As we head into the new year, Platinum Service Standard #6 reminds us to reflect on and be thankful for the opportunity to serve our residents and fellow staff members. A warm tone of voice, a smile, and kind manners are examples of our Platinum Service® promise, which we strive for in all things we do. When employees genuinely enjoy what they do, they serve others with a sense of purpose. May you all have a very happy and blessed New Year.



## Family Council

Thank you, thank you, thank you!

We had another successful Family Council Basket Raffle! That makes 10 years in a row. Because of the generosity of people who have donated and people who have purchased tickets, we've been able to purchase many things for the residents of SAHC through the years. Purchases have included a wireless sound system, three portable gardens, an arbor and several large planters (which we fill with flowers each year), and most recently, a large 10x16 foot free-standing awning and lots of furniture to go with it. The new awning has been a go-to place for residents, families, and employees, and we hope you had a chance to enjoy it this year!

Once again, I'd like to thank those of you who donated filled baskets, items for baskets, cash, and your precious time. A special thanks to: Ann Danko, Bob Peltier, Carla Lewis, Cheryl Blaske, Cheryl Dueffert, Cindy Jarvi, A Memorial in Memory of Marion Severson, Deb Seth, Debbie Rystad, Halie Blomster, Helen Kumhera, Jamie Hetherington, Joy Gorder, Joyce Lindeman, Joyce Melcher, Karen and Jim Kurtzman, Loretta and Terry Rataczyk, Lynn Momchilovich, Marlene and John Bourke, Martin Voll, Maxine Johnson, Sandra Spore, and Tiffany Evenson. My apologies if I missed anyone. And of course, thanks to all of you who stopped by to purchase tickets and congratulations to all the winners of the 52 baskets! This will be our last Basket Raffle — and it is good to go out on such a high note. We've squirreled away enough money to continue adding dirt and to plant flowers for the next few years and maybe a few incidentals along the way. Please join us at a Family Council Meeting held the second Thursday of each month, at 10:30 a.m., in the Community Room. Also, let me know if you'd like to be added to an email list to receive Family Council Meeting minutes.

*Carole Arndt*

Family Council Facilitator

Questions? Call me at 651-639-1008 or email at: carndt651@gmail.com

## Spiritual Director's Corner

Thomas Jefferson had a 'Yes' Face

Thomas Jefferson can teach us quite a bit about our body language. The latest research has shown that only 7% of physical communication is from the spoken word. 38% of communication comes from our tone of voice and a whopping 55% comes from body language. It is amazing how much we can say while remaining completely silent. Charles Swindoll addressed the power of body language in a story he told about Thomas Jefferson:

"During Thomas Jefferson's presidency, he and a group of travelers were crossing a river that had overflowed its banks. Each man crossed on horseback fighting for his life. A lone traveler watched the group traverse the treacherous river and then asked President Jefferson to take him across. The president agreed without hesitation, the man climbed on, and the two made it safely to the other side of the river where somebody asked him: "Why did you select the President to ask this favor?" The man was shocked, admitting he had no idea it was the President of the United States who had carried him safely across. "All I know," he said, "is that on some of your faces was written the answer 'No' and on some of them was the answer 'Yes.' His was a 'Yes' face."

In the world of chaplaincy, we call this the "ministry of presence." Jefferson presented himself as a welcoming and helpful man without saying a word. A gentle smile and a helping hand can say so much in complete silence. When you find yourself in a situation where the right words are hard to find, remember, a welcoming presence or a kind gesture will say more than words.

— Linda Boyadjis, Spiritual Director/Chaplain

### Happy Birthday!

Please join us in wishing the following residents a very happy birthday this month:

- Roman T., 1/1
- Delesha F., 1/5
- Marilyn E., 1/11
- Norma W., 1/14
- Shirley C., 1/16
- Shirley H., 1/23
- Maria O., 1/26
- Eileen B., 1/30
- Jean K., 1/31

We invite you to join us for our monthly birthday party at 2:30 p.m. on Thursday, Jan. 10 featuring treats and the Bluegrass music of Dale Martell!

## What's Cooking?

Greetings from the kitchen staff! I hope everyone has enjoyed the wonderful month of December and is ready for the fantastic month of January! Last month, we enjoyed two special meals including our resident choice meal and our Christmas holiday meal. The resident choice meal that was chosen for the month of December was a bacon cheeseburger, crinkle cut french fries and a malt cup while our Christmas holiday meal included prime rib, garlic mashed potatoes, and cheesecake for dessert! This coming month, we will be celebrating the start of the New Year with our bacon wrapped tenderloin, roasted vegetables and cream puffs. The resident choice meal for January 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/Health Care

Happy New Year!

Happy New Year to everyone! I hope you all had a wonderful holiday season. I really enjoyed seeing and visiting with so many of you at the Resident/Family Holiday Party!

As the New Year begins, I would like to thank everyone for the privilege of caring for your loved ones. It is with great happiness that I look forward to the New Year, and I hope it holds many exciting moments for all of us. Looking forward to a wonderful 2019 together!

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

— Joy Gorder, RNC

Director of Nursing



## Life Enrichment

Happy New Year! What does the Life Enrichment team have up their sleeves this year?

We usually have a rotation of entertainers perform for us on the first Tuesday of the month but in January, that day is New Year's Day, so Shawn Sweeney will perform for us the morning of Jan. 15 instead. Other entertainment includes Bill Mann on Jan. 8, Dale Martell Bluegrass music on Jan. 10, Bobby and Christine on Jan. 14, Ralph Hintz for our happy hour on Jan. 25, Vinnie Rose on Jan. 28, and Gary Anderson on Jan. 26. MacPhail music therapist Nora will continue having sessions the first and third Fridays of each month.

The highly anticipated Casino Outing will take place on Thursday, Jan. 17. The facility will pay for transportation and lunch at the buffet but residents will need to bring their own gambling money. Since we are paying for lunch, this outing takes the place of the monthly Lunch Bunch Activity. Please see Life Enrichment Staff if you or your loved one are interested in this outing.







**ST. ANTHONY**

Health & Rehabilitation

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MANAGED BY  
 The Goodman Group

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### Environmental Services Director

Deb Hofmann: 612-913-5348

### Life Enrichment Director

Jamie Hetherington:  
612-913-5318

### 2N Nurse Manager

Kristin Steele: 612-913-5308

### Sub-Acute Nurse Manager

Janet Binyana: 612-913-5403

### 2S Nurse Manager

Love Hairane: 612-913-5396

### 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

Jones Tefe: 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

612-913-5305

### Medical Records Director

Pam Fabel: 612-913-5306

### Rehab Director

Jamie Garnto: 612-913-5317

### Social Service Director

Lindsey Miller: 612-913-5322

### Spiritual Director

Linda Boyadjis: 651-252-9650

### Life Enrichment Department

612-913-5353

1st Floor LE Office:

612-913-5357

## In Loving Memory

We remember our dear friends that have passed in the last month:

- Donald M.
- Donald B.
- Gloria A.
- Frances T.
- Thelma D.

We invite you to join us for our next Memorial Service in February.

