

GOOD Life News

at St. Anthony Health and Rehab

OCTOBER 2018

www.stanthonyhealthcenter.com



From the Director's Desk

Hello Residents, Family and Friends,

As we say goodbye to those really hot days of summer, we can look forward to all the change that comes with autumn. October is here, and we can look forward to Halloween and pumpkins, scarecrows and the kids! We have many intergenerational activities that happen at St. Anthony and would love for you to join! Jamie and the entire activities crew always have something fun to do.

I hope you have had a chance to meet Shari McNamara, our new Executive Director of St. Anthony Health and Rehab! Shari comes to us with many years of experience and lives right here in the Village of St. Anthony. If you haven't had an opportunity to meet with Shari yet, please find some time! She is a great addition to St. Anthony, and we are excited to have her. Thank you all for being so welcoming of me, as we recruited for a permanent Executive Director. I wish you all well.

With Regards,
Mary Yaeger, NHA
Interim Executive Director
Regional Director of Ops
The Goodman Group

Life Enrichment

Autumn is my favorite time of year for many reasons, the colors, the comfort food and all the fun activities. Our outing of the month will be to an apple orchard, so please let us know if your loved one is interested in attending.

We'll welcome fall with a variety of programs such as hot cocoa socials, fall crafts, pumpkin carving, boo bingo and our annual Halloween party! Every year, we transform the Chandler Place Dining Room into a spooktacular party location featuring live music, treats and costumes. Come see what our department has up their sleeves!

After a short hiatus, October will see the return of our monthly auctions. We gladly accept snacks, figurines, beauty supplies and other items to auction off (no money needed).

I look forward to seeing you at our events!

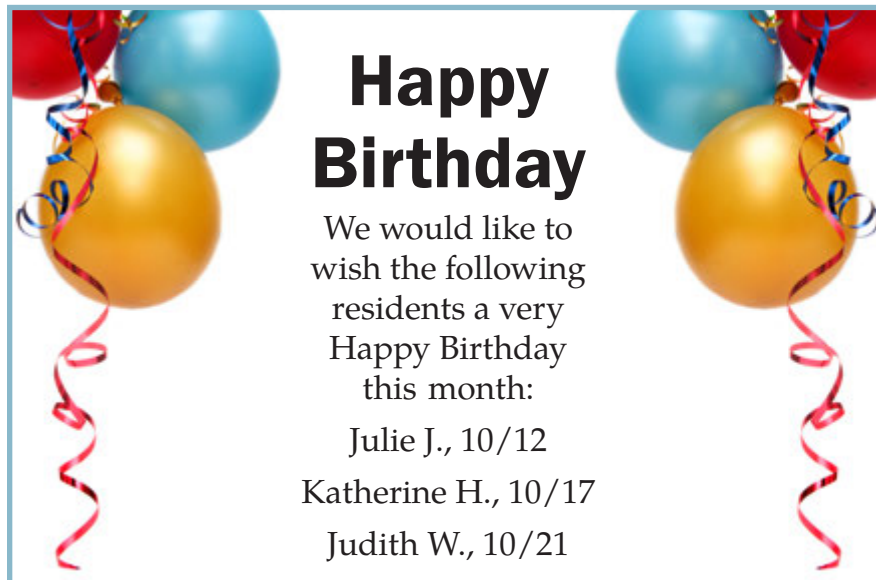
— *Jamie Hetherington*, LE Director



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

Health Literacy Month

This annual observances month 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 adopting 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.



Happy Birthday

We would like to wish the following residents a very Happy Birthday this month:

- Julie J., 10/12
- Katherine H., 10/17
- Judith W., 10/21
- Steven G., 10/29
- Debra P., 10/31

The October Birthday Party will be held at 2:30 p.m. on Thursday, Oct. 11, in the 2 South dining room and will feature live music by The Diane Zilverberg duo and treats!

In Loving Memory

We remember those who have passed in the last month:

- Rosemary W.
- Robert F.
- Betty A.

Our next memorial service will be held in November.



Employee of the Month

Congratulations to Bruno Traore, our October 2018 employee of the month. Bruno is a NAR that usually works on the 2N unit. Bruno was nominated by several coworkers who stated, "Bruno is always going above and beyond to help out. He has such a great attitude and smile. Whenever he is asked for help, he's always says 'OK, no problem.'"

Congratulations, Bruno!

Family Council

A-tisket, a-tasket, a green and "red" basket?

We need your help!

We are on the countdown to the SAHR-Family Council Holiday Basket Raffle! This will be the 10th year of the Raffle. I've been involved for the last 8 or 9, but who's counting? The dates

this year are Nov. 29 & 30 and Dec. 1 (Thursday, Friday and Saturday), so don't forget to mark your calendars. For those of you who aren't familiar with the Basket Raffle, let me give you a little overview. The Basket Raffle is a fundraiser for Family Council. We've been very successful in years past, and as a result, we have been able to provide the residents with many things, including the three portable gardens that residents plant each year, a wireless sound system (used for bingo and other events), the arbor and planters on 2L, the awning with chairs and tables in Garden Court, as well as many planters filled with flowers in both Courtyards and many bags of dirt!

How can you help? You can donate a number of things including money (to buy basket contents), filled baskets, empty baskets, items for baskets, etc. You can also come during the Raffle to buy chances to win a filled basket! In past years, we have had at least 50 baskets. It's a fun time, and there are usually baskets for everyone, young and old, men and women, kids and pets! If you want to find out how you can help, just send me a message or call. We also need volunteers to help out, so if you are interested in that, let me know. More details of the Raffle to come!

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

Pass it On

I meet up with many people every day as a Spiritual Director, and one thing that is always beautiful on each person is a smile. No matter what you are wearing or whether your hair is messy or neat, your smile is always the best. A smile is a reflection of joy, peace or any positive emotion you can think of. In fact, smiles are contagious, just like a yawn. Have you ever yawned and found the person next you yawning? Try smiling and see if a person smiles back at you. According to a 2012 article in Psychology Today, when you smile at someone, you are creating a relationship that allows both of you to release feel-good chemicals in your brain, activate reward centers, make you both more attractive and increase the chances of you both living longer, healthier lives. Plus, it is easy to do and totally organic without bad side-effects. This fall when you are getting your flu shot, smile back at the nurse and just maybe he or she will catch The Smile Virus! The poem below was written by an unknown author.

The Smile Virus Author Unknown

Smiling is infectious,
you catch it like the flu,
When someone smiled at me today,
I started smiling too.

I passed around the corner
and someone saw my grin
When he smiled I realized
I'd passed it on to him.

I thought about that smile
then I realized its worth,
A single smile, just like mine
could travel round the earth.

So, if you feel a smile begin,
don't leave it undetected
Let's start an epidemic quick,
and get the world infected!

Have a wonderful day smiling!
Linda Boyadjis, Spiritual Director

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 you will get seasonal flu and lessen the chance 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 are hoping with vaccination to not have Influenza in the facility 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



Resident Spotlight

This month, I'd like to introduce a good friend and former roommate of mine, Barbara. Barbara grew up in St. Paul and lived in Maplewood and Roseville as well. She used to have her own daycare. She is the proud mother of three boys and three girls, most of whom live in the area, and grandmother to six granddaughters.

Barb enjoys watching TV in her room, playing bingo, getting her hair done and participating in Catholic services and practices, as her faith is very important to her. She loves spending time with her family and enjoys receiving visitors, so come say hi sometime!

Be kind to one another,

Mari



ST. ANTHONY

Health & Rehabilitation

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 The Goodman Group

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Deb Hofmann: 612-913-5348

Life Enrichment Director

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Kristin Steele: 612-913-5308

Sub-Acute Nurse Manager

Janet Binyana: 612-913-5403

2S Nurse Manager

Faith Onyenemezu:
612-913-5396

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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

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Bill Stern: 612-913-5319

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Wendy Nelson: 612-913-5309

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612-913-5305

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Jamie Garnto: 612-913-5317

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Spiritual Director

Linda Boyadjis: 651-252-9650

Life Enrichment Department

612-913-5353
1st Floor LE Office:
612-913-5357

What's Cooking?

Greetings from the kitchen staff! I hope everyone has enjoyed the wonderful month of September and is ready for the beginning of autumn and the month of



October! Last month, we enjoyed two special meals, including our resident choice meal and our Labor Day meal. The resident choice meal that was chosen for the month of September was a Chef salad, an artisan dinner roll and peach cobbler for dessert, while our Labor Day meal included cheeseburgers, corn on the cob and a nutty buddy ice cream cone! This coming month, we will have an extra spooky meal for Halloween, which will feature a frozen candy bar dessert! The 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.