

GOOD Life News

at St. Anthony Health and Rehab

MARCH 2018

www.stanthonyhealthcenter.com

From the Director's Desk

Dear Residents, Family and Friends,

Happy March! It was discussed in family council last month that family would like to be informed if there are any urgent updates or emergencies going on at the building. We decided to create an email account that will send out alerts to families as needed, for events such as:

- Influenza outbreak or other infectious disease
- Construction alerts
- Emergency alerts
- Any other important updates as needed

We will have an email sign-up at the front desk. You may also email the new address at: sahrfamilies@stanthonyhealthandrehab.com to sign up or call me at 612-913-5304.

With Regards,

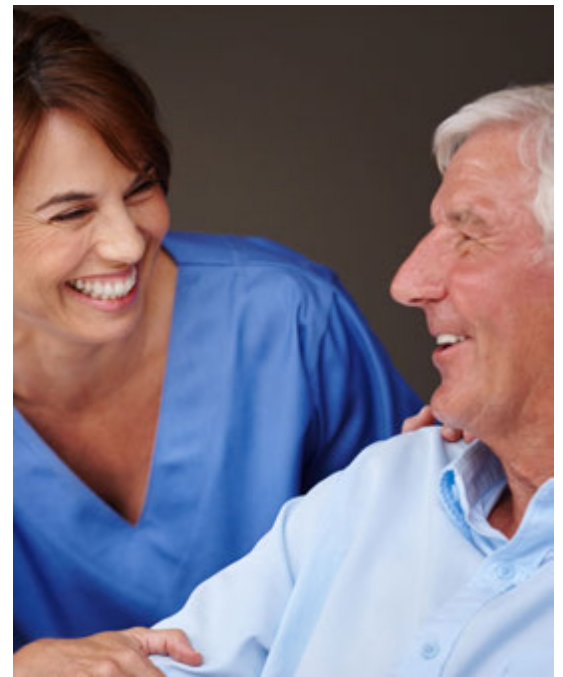
Claire Carpenter, NHA
Executive Director

Food and Beverage/ Dining Services

Greetings from the kitchen staff! I hope everyone has enjoyed the wonderful month of February and is ready for the month of March! Last month, we enjoyed two special meals, our resident choice meal as well as our Valentine's Day meal. The resident choice meal that was chosen for the month of



February was a patty melt with potato chips and malt cups, while our Valentine's Day menu featured lobster-filled pasta and sirloin steak with a delicious red velvet cake for dessert! Yum! This coming month, we will celebrate St. Patrick's Day with an Irish-themed menu of Irish stew, soda bread and a grasshopper pie! Our resident choice meal for March 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.



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

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Standard #20**

"I am an ambassador for our company and continually promote our services. I always conduct myself with integrity and uncompromising values."

What does it mean to be an ambassador for our community? An ambassador is not only a representative; being an ambassador means that what we do and the way we do it is the result of a direct personal connection with our team and residents. Being an ambassador goes well beyond the concept of being "good at our job," it requires an emotional connection. Here, we are fortunate to have such dedicated, skilled and upbeat team members who make our community a great place to live and work.

*"Integrity is what we do, what we say, and what we say we do."
—Don Galer*

Spiritual Care

The Beauty of Simplicity

It may be a stretch, but some days I feel there is more wisdom within the walls of Chandler Place and St. Anthony Health Rehabilitation than all the encyclopedias ever written. The younger we are, the harder it is to see the beauty in the simplicity of life. The following reflection repeats the thoughts of many residents whom I have had the honor to speak with.

I Would Pick More Daisies by Don Herold

When the late Nadine Stair of Louisville, Ky., was 85 years old, she was asked what she would do if she had her life to live over again.

"I'd make more mistakes next time," she said. "I'd relax. I would limber up. I would be sillier than I have been on this trip. I would take fewer things seriously. I would take more chances. I would climb more mountains and swim more rivers. I would eat more ice cream and less beans. I would perhaps have more actual troubles, but I'd have fewer imaginary ones. You see, I'm one of those people who live sensibly and sanely hour after hour, day after day. Oh, I've had my moments, and if I had to do it over again, I'd have more of them. In fact, I'd try to have nothing else. Just moments, one after another, instead of living so many years ahead of each day. I've been one of those persons who never goes anywhere without a thermometer, a hot water bottle and a raincoat. If I had to do it over again, I would travel lighter than I have. If I had my life to live over, I would start barefoot earlier in the spring and stay that way later in the fall. I would go to more dances. I would ride more merry-go-rounds, and I would pick more daisies."

May it be so.

— Linda Boyadjis
Spiritual Director

In Loving Memory

We mourn the loss of our friends who have passed in the last month:

- Marcella P.
- Joseph P.
- Ruth S.
- Marion S.
- Carole S.
- Lester B.

Please join us for our next Memorial Service, which will be held in April.



Employee of the Month

Congratulations to Rahab Lemargeroi LPN, our March 2018 Employee of the Month. Rahab is a LPN who works on the Short Term Care Unit. Rahab was nominated by several co-workers. The Minnesota Department of Health was recently out to do a chart audit and were very complimentary of Rahab. They stated that the residents all had wonderful things to say about her and she was very helpful to them.

Congratulations, Rahab!

Resident Spotlight

Hello folks, this is a new addition to the newsletter. It will be written for the residents by the residents. Each month I'd like to interview and introduce another resident that lives in the facility.

For my first entry I interviewed fellow 2 South Resident Florence "Flo" S. Flo will be celebrating her 85th birthday in March; be sure to wish her a happy birthday! She has been married for 64 years to Dale, whom lives in Chandler Place Assisted Living, and has four grown children that all live in the area. In the past, Flo enjoyed helping others by working with children as a teacher's aide for Minneapolis public schools and also by cooking meals for nuns. Her favorite activity to participate in while at St. Anthony is Bingo. The best part of Flo is her smile; it lights up her whole face!

Please look for this segment again next month where I'll profile another member of our community. Feel free to contact me if you would like to contribute!

Be kind to each other,
Mari S.

Life Enrichment

Ah, March, the month of everything green. Well, maybe not in Minnesota. Even though it feels as if winter will never end, at least we have a calendar full of

fun to look forward to! March wouldn't be complete without a St. Patrick's Day party, and we won't disappoint! Join us on Thursday, March 15, for some Emerald Isle fun. A few days later we'll welcome the first day of spring on March 20 with guitar music by Jim Kirkendahl. March's outing will be to Underwater World at the Mall of America; please contact Life Enrichment if interested. The final week of March is Holy week; we will be observing Palm Sunday during our regularly scheduled Wednesday Ecumenical Christian Worship and will be offering a Good Friday Service on March 30.

We're looking for volunteers! If you or anyone you know are interested in volunteering, please contact someone in Life Enrichment. Thank you!

— Jamie Hetherington
Director of Life Enrichment



Happy Birthday!

These residents celebrate a birthday in the month of March:

Wayne D., 3/2

Johan H., 3/3

Patricia S., 3/8

Audrey P., 3/14

Chandler S., 3/14

Teryl B., 3/15

Carolyn P., 3/17

Ruth B., 3/19

Florence S., 3/23

Lois N., 3/29

Please join us for the March birthday party on Thursday, March 8, in the 2 South dining room and enjoy live music by Vinnie Rose and sweet treats!

Family Council

Minnesota Hardy?

I had a few chuckles and questions in February and maybe you did, too. It started out with Groundhog Day. Does it really apply to Minnesota? Whether the groundhog sees its shadow or not, we know we'll have at least six more weeks of winter in Minnesota. In fact, if we only had six more weeks of winter, that would be great news! As a kid it never made sense to me, and maybe because it just wasn't "sensical" (not sure that is even a word, but you know what I mean). The other thing that gave me a reason to chuckle in February was all the Super Bowl activities that touted "Embrace the Bold North." I do think we embrace the bold north — most of the time — but even I didn't embrace it when the wind chills were negative 25! I'm all for a good sledding hill, taking a walk or ice skating when it's sunny and 20, but not so much at 10 degrees below. I'm hoping they did convince all the one-time visitors to Minnesota, however!

I hope you are enjoying the winter. It is beautiful outside when the sun is shining and it's a crisp day or when the snowflakes are gently falling to the ground. Even a good blizzard can be fun, and it also gives us something to talk about. It's all part of why we live here and love it (mostly)!

Hope you'll join us at a Family Council Meeting held the second Thursday of each month at 10:30 a.m. in the Community Room near the front entrance.

— Carole Arndt
Family Council Facilitator

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





ST. ANTHONY

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2N: 612-913-5313

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Beautician

Kovettia Johnson: 612-913-5329

Spiritual Director

Linda Boyadjis

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Second Floor Social

Worker: 612-913-5405

Life Enrichment Department

612-913-5353

Nursing News

Hang in there, spring is coming!

It has been a long winter, and I am looking forward to some spring sunshine!

In January, I updated you on our Minnesota Department of Health (MDH) annual survey and their findings. The team from MDH identified several areas that we needed to improve on (privacy and dignity, abuse reporting, call lights not in reach, toileting, medication storage and infection control).

We worked hard on correcting these minor issues. I am happy to say the Minnesota Department of Health (MDH) accepted our plan to correct these areas and have found everything to be corrected and in compliance.

We have a copy of their findings, along with our improvement plan, available at the front desk for you to review, if interested.

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