

GOOD Life News

at St. Anthony Health Center

AUGUST 2017

www.stanthonyhealthcenter.com

Executive Director

Happy August to All!

St. Anthony Health Center is celebrating its 50th Anniversary this year! Previously known to the community as St. Anthony Nursing Home, the facility opened its doors in July 1967. We have celebrated many milestones and have come a long way in the last 50 years. I recently stumbled upon a scrapbook in my office containing articles and photos from the first year of operation. How things have changed!

Back when St. Anthony Nursing Home was built, the second floor courtyard entrance was the front/main entrance of the building. Everything was brand new, with shared rooms upstairs and three residents to one room downstairs. A news article written in 1967 described our building as looking like a "good, spanking new hotel, except for the extra wide doors and railings." The first administrator was Mrs. Marion Post, who was actually the first female Nursing Home Administrator in Minnesota! An article describes Mrs. Post as her "capabilities and her warm personality will help to make the nursing home a successful venture."

St. Anthony Health Center has played a key role in the St. Anthony community throughout the past 50 years. I feel honored to be a part of a great community and to work with such wonderful residents, staff and families.

We will be celebrating the 50th Anniversary later this year. Stay tuned!

— *Claire Carpenter, LNHA*
Executive Director



Our Talk. Our Walk. Every Day!

29 Years Recognizing Senior Citizens Day

The U.S. Congress and President Ronald Reagan encouraged the public recognition of senior citizens' wisdom leadership and contributions by declaring August 21, 1988 to be the first National Senior Citizens Day. Some of our favorite activities for the day have tangible benefits in terms of social connection and individual well-being. Easy ways to get started include starting a family history project, searching for local volunteer opportunities, setting a date for the next family reunion, or scheduling a visit with the kids or grandkids.

In Loving Memory

Charles R.
James R.
Dolores M.
Joyce B.
Wallace S.
Phyllis P.



Life Enrichment

Call for Volunteers! Did you know volunteering is good for your health? It's good for your heart and your brain! Come and spend some time with us at St. Anthony Health Center. There are many ways to volunteer. We would love your help with our Music and Memory Program and help with nails and hand massages for our residents. Even reading to some of our residents would be such a gift. How about coming with us on outings? So much fun! Contact Jessica in Life Enrichment, and we will get you the paperwork to get you started.

August! We have two outings this month, one with an organization called "Let's Go Fishing," but we have limited availability. This trip will be Aug. 1. We can have five residents. Please contact the Life Enrichment Department to sign up. The second outing is to a Twins Game on Aug. 31 with the Chicago White Sox. Again, please call the Life Enrichment to get signed up. First come, first served.

Our residents' garden is doing quite well. We should be seeing lettuce, tomatoes and cucumber soon. This year, we have a number of wonderful herbs like rosemary, mint, cinnamon basil, lemon verbena and lemon balm. We just might have to make cinnamon basil ice-cream! Thank you for being with us at St. Anthony Health Center.

— Jessica Blum, Life Enrichment Director
Jessica.blum@stanthonyhealthcenter.com

Food and Beverage/ Dining Services

Greetings from the kitchen staff! I hope everyone is enjoying the dog days of summer and the beautiful weather we have been having! Last month we enjoyed our Fourth of July cookout meal, as well as our resident choice meal of taco salad, refried beans and mini churros. With this coming month, it means we are officially more than halfway through summer (hard to believe); however, our menus will still reflect summery meals with many more fresh and in-season options including salads, grill-time favorites and lots of fruits and vegetables! For this coming month, we will have another resident choice meal. If you ever have any suggestions, please stop by the kitchen and let us know! As always, warm wishes from the kitchen.



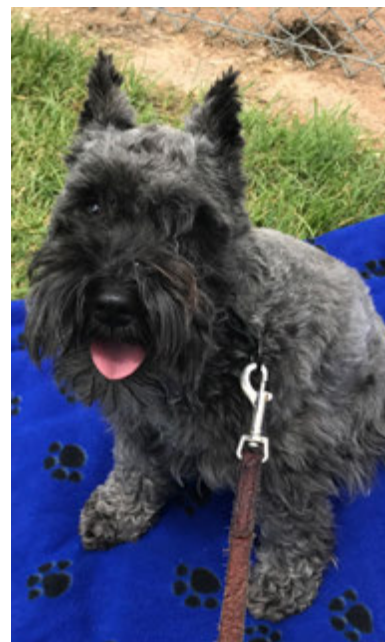
Resident Council

Dog Days of Summer

I found out how little I knew about the Dog Days of summer when I did an internet search recently. My assumption was they were just the hottest days in August, making our little fur kids (and us) very hot. While that's true, it actually has quite a bit of ancient history that goes along with it. Here's a little of what I found: Sirius (aka Dog Star) means "scorching" and is the brightest star in the sky, not counting the sun. Sirius is one star in a group of stars that form the constellation of Canis Major, meaning "Greater Dog." The appearance of Sirius in the sky meant flooding in ancient Egypt but bringing rich soil to the desert. Greeks and Romans, however, didn't like it so much, as all they got was the sweltering sun. I didn't find that Sirius had anything to do with the onset of the heat, it was just a sign of things to come. Dog Days of summer are now considered the days from July 3 to Aug. 11, and they certainly seem to be some of our hottest days. Enjoy the warm days — don't blame the innocent Dog Star — and keep your pup out of the heat! This might be a fun topic to discuss with your loved ones; they probably know a lot more about the subject than I do.

Please join us for Family Council the second Thursday of each month at 10:30 a.m. in the Community Room. We are typically joined each month by the Executive Director, Claire Carpenter, and we talk about a variety of topics. It's a great way to stay informed. If you would like to receive a copy of the minutes by email and receive your monthly copy of the Newsletter and Calendars, just send me an email (or call).

— Carole Arndt, Family Council Facilitator
651-639-1008
carndt@mnmicro.net



From The Desk of our Spiritual Director

The Dog Days of Summer

Welcome to the Dog Days of summer! It is a time when we feel lazy and stay indoors with air conditioners whirling away while we wait for the crisp days of fall. It can be a summertime version of winter cabin fever when we hunker down and wait for spring. But why put the blame on our dogs?

Well, it all started with the Romans who saw the Sirius star, known as the Dog Star, rise every morning just before the sun. This occurred during the hottest and most humid time of year between July 24 and Aug. 24. Today, The Old Farmer's Almanac lists the traditional timing of the dog days of summer as being July 3 until Aug. 11.

I found it interesting that the Romans must have been enjoying beautiful summer mornings during the hottest time of the season. Mornings at this time of year are a gorgeous gift for us to enjoy and remember next January. While the heat of midday can be dangerous for many of us, the early mornings can be cool and remind us of the carefree summers of our childhood.

When I close my eyes while sitting outside in the morning, I can remember the way summer touch my senses. For me, summer was full of color; green plants, a rainbow of flowers, a deep blue sky and the crazy bright bathing suits my friends wore. It tasted like watermelon and cherries, smelled like fresh mowed grass, sounded like baseball and thunderstorms and I felt warmth that I hoped to remember in January.

It is impossible to physically revisit most of our childhood memories today. However, I invite you to take some time early in the mornings outside, find a comfy seat, close your eyes and after several deep breaths imagine the happiness of summer days gone by. After your imaginary trip, write down what you noticed. Then in January, find a warm sunny window and with your face flooded in sunlight, close your eyes and take another trip to summer.

Bon Voyage
Linda Boyadjis,
Spiritual Care Director

Nursing News

It was so fun visiting with so many families of our residents at the Ice Cream Social!

Recently, during National Nursing Assistant week, we asked our Nursing Assistants to tell us what they loved most about their job. The overwhelmingly number one reason was their residents!

- "Helping the residents to accomplish a goal is what I love most about my job."
- "Being able to give a helping hand or care for someone who needs it is my joy."
- "Being able to make my residents happy."
- "Love interacting with my residents and their families."
- "Bringing a smile to the resident's face and brightening their day."

Other fun facts about St. Anthony Health Center NARs:

Sandy Yurick — Longest Time as NAR — 38 years!

Mary-Ann Kugblenu — Shortest Time as NAR — eight months!

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

Have a wonderful and safe August!

Joy Gorder, RN,C
Director of Nursing

Employee of the Month!

Congratulations to Lee Yang, Employee of the Month for August 2017.

Lee is a Nursing Assistant on the Sub-Acute East Unit. Several staff and therapy staff have commented, "Lee is always eager to help. So pleasant and smiling. I appreciate that she steps up and goes beyond her basic duty. She's a cross-discipline team player." Residents and families often comment on Lee's friendliness and genuine caring attitude.

Congratulations, Lee!



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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

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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

Resident Spotlight

August Resident Birthdays

Nancy V., 8/3

Gerald K., 8/3

Donna C., 8/4

Nova B., 8/8

Robert K., 8/12

Audrey J., 8/13

Barbara U., 8/14

Mari S., 8/15

Carol P., 8/16

Jaqueline B., 8/17

Betty M., 8/19

Frances N., 8/19

Lois P., 8/25

Iona S., 8/25

Alice W., 8/25

