

GOOD Life News

at St. Anthony Health and Rehab

JULY 2018

www.stanthonyhealthcenter.com



From the Director's Desk

Hello Residents, Family and Friends,

Thank you so much for all your well wishes as I have been at St. Anthony for a few months now! Although I am continuing to search for an outstanding candidate for Executive Director, I have very much enjoyed my time back at this fabulous community. One area that I want to review is how to get in touch with me or any of the other managers at St. Anthony! My office is located on the first floor, right by the front desk. I typically work normal business hours, but you can email me or call and leave a message if I am not in when you want to chat. I can come to your room, or you are always welcome in the office. My direct phone number is 612-913-5304, and my email is myaeger@thegoodmangroup.com. On the back of the newsletter are all the direct phone numbers to get in touch with various leaders in the building. Please feel free to contact any one of us.

Make sure you get to spend some time outdoors, as it is beautiful! We always have drinks available for those hot days and cool A/C in all the rooms for when you would like to cool off and relax. I hope you are taking full advantage of the wonderful life enrichment opportunities Jamie and her team have ready for you! The calendars are posted each day, and we would love to see you all there!

Enjoy these nice and warm summer months to come!

Thank you to all the residents, staff members, family and friends for your trust and compassion. We are lucky to have you in our lives.

With Regards,

Mary Yaeger, NHA

Interim Executive Director

Regional Director of Ops

Employee of the Month

Congratulations to Amber Price, our July 2018 employee of the month. Amber works in the housekeeping/laundry department. Amber is consistently praised by her co-workers for her willingness to help everyone and goes beyond her job duties. Residents often remark on how friendly, warm and caring Amber is.

Congratulations, Amber!

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

**Platinum Service®
Standard #2**

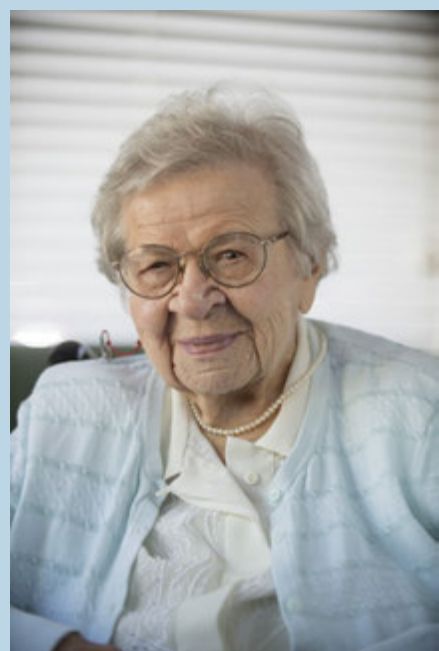
"I build lifetime relationships with our residents by creating memorable experiences."

"The customer always comes first" is an old saying that still rings true today. When surveyed, customers said they didn't feel it was a good service experience when employees worked on something else when they were waiting for assistance or when employees continued talking to each other as the customer waited for help.

At The Goodman Group and in our managed communities, Platinum Service® shows how we are always trying to focus on our residents to ensure these types of things do not happen. Through our service standards and our service approach, we make these promises to our residents: To be genuinely caring, reliable, create a great personalized experience, and be friendly and cooperative.

Resident's Corner

This month we'd like to brag about a resident whom is a bit of a celebrity around here, and with good reason too! 2 South resident Evelyn K. is the oldest known Minnesotan and is turning 111 on July 11! To celebrate this "Super Golden" birthday, we will be hosting a party on July 11 in the Chandler Place dining room. All residents are invited to attend. We hope to see you there!



What's Cooking?

Greetings from the kitchen staff! I hope everyone has enjoyed the wonderful month of June and is ready for the month of July! Last month, we enjoyed two special meals including our resident choice meal as well as our Father's Day meal. The resident choice meal that was chosen for the month of June was a Chef salad, dinner roll and a chocolate cake with peanut butter frosting, while our Father's Day meal featured sirloin steak, a baked potato and a nutty buddy ice cream cone. Yum! This coming month, we will celebrate the Fourth of July with a menu of hamburgers, potato salad and assorted pie. We're going to try something new for our resident choice meal for July, gyros! As always, warm wishes from the kitchen.



Family Council

Fourth of July Memories

As I thought back on my childhood Fourth of July memories, the thing that jumped out at me were the fireworks! Yes, I know they were illegal in Minnesota, but when you only live a few miles from the South Dakota border, fireworks in Minnesota are going to happen! My favorite of the fireworks, and one of the only ones we were allowed when we were younger, were the "snakes." These looked like little grey stones, and when you lit them they burst into long grey "snake-like" creatures. There were also some little round colorful pellets that when you threw them against a sidewalk they would "pop" like a fire cracker. When I was a little older, I did get to light "Lady Fingers," the smallest of the firecrackers. As I recall they were red and very exciting! I wasn't allowed to light the "Black Cats," the next larger fire cracker, until I was much older. My only mishap came with a sparkler. It was always so fun to run barefoot in the grass after dark making swirls with the sparkler. My mishap came when I stepped barefoot on a spent sparkler which was still hot, but fortunately not real hot. It only slowed me down for a moment, but I clearly remember it. When you come in to visit your family and/or friends at SAHR, I hope you'll share your favorite Fourth of July memories with each other!

Please join us at a Family Council Meeting held the second Thursday of each month at 10:30 a.m. in the Community Room. We share a laugh or two, help each other navigate through tough issues and address ideas/concerns with staff management. If you'd like to be added to an email list to receive the minutes, let me know.

— Carole Arndt, Family Council Facilitator
Questions? Call me at 651-639-1008 or email at: carndt651@gmail.com



Spiritual Director's Corner

A True Story Of An Entangled Whale's Gratitude

"A female humpback whale had become entangled in a spider web of crab traps and lines. She was weighted down by hundreds of pounds of traps that caused her to struggle to stay afloat. She also had hundreds of yards of line rope wrapped around her body, her tail, her torso, a line tugging in her mouth. This is her story of giving gratitude. A fisherman spotted her just east of the Farallon Islands (outside the Golden Gate) and radioed for help. Within a few hours, the rescue team arrived and determined that she was so badly off, the only way to save her was to dive in and untangle her...a very dangerous proposition. One slap of the tail could kill a rescuer. They worked for hours with curved knives and eventually freed her. When she was free, the divers say she swam in what seemed like joyous circles. She then came back to each and every diver, one at a time, nudged them and pushed gently, thanking them. Some said it was the most incredibly beautiful experience of their lives. The guy who cut the rope out of her mouth says her eye was following him the whole time, and he will never be the same."

May you be so fortunate...to be surrounded by people who will help you get untangled from the things that are binding you. May you always know the joy of giving and receiving gratitude.

— Linda Boyadjis, Spiritual Director
612-252-9650

Life Enrichment

Many of you have fond memories of summertime fun, and in Life Enrichment, we aim to recreate those days of fun in the

sun with outdoor activities, lemonade, bonfires and more! The second Tuesday of each month, we'll have the Lunch Bunch. This month's food will be tacos, and August will be hamburgers. We have a rotation so that as many residents as possible can enjoy this special event. On July 19, we will be taking a group of residents to Mystic Lake Casino. Spots are limited so residents will need to choose which outings to go on. Please let someone in Life Enrichment know if you or your loved one are interested in this and any outing!

—Jamie Hetherington, Director of Life Enrichment



Happy Birthday!

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

Evelyn K., 7/11

Elizabeth W., 7/15

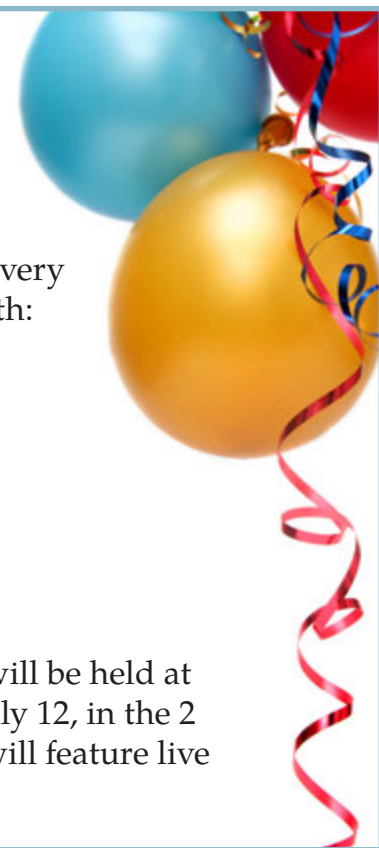
Richard H., 7/20

Barbara J., 7/25

Kenneth M., 7/28

Terry C., 7/30

The July Birthday Party will be held at 2:30 p.m. on Thursday, July 12, in the 2 South dining room and will feature live music and treats!



Nursing News

It was so great seeing and visiting with so many of you at our annual ice cream social!

Summertime! July is a time for fun in the sun. Everyone needs a little sunshine — if nothing else, for the relaxing warmth and some extra Vitamin D. The residents love to get outside on our beautiful paths and grounds for some of that glorious sun. Caregivers need to be sure that before they head outdoors, they have protected both themselves and their elderly loved ones against the damaging effects of the sun.

Because sun damage is the greatest threat to human skin, people with sensitive, elderly skin must take diligent precautions to avoid as much as sun exposure as possible. Always use a sunscreen if you are going to be in the sun for more than 20 minutes. Apply sunscreen well to the face, ears, hands and arms 15 to 20 minutes before going outdoors. We do have sunscreen available at each Nursing Desk. Remember to wear a hat and sunglasses too!

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

Have a wonderful and safe Independence Day! Enjoy the summer!

Joy Gorder, RN,C
Director of Nursing





ST. ANTHONY

Health & Rehabilitation

3700 Foss Road, Minneapolis, MN 55421
612-788-9673 | www.stanthonyhealthcenter.com



MANAGED BY
 The Goodman Group

Staff

Executive Director

Mary Yaeger: 612-913-5304

Director of Nursing

Joy Gorder: 612-913-5307

Environmental Services Director

Deb Hofmann: 612-913-5348

Life Enrichment Director

Jamie Hetherington:
612-913-5318

2N Nurse Manager

Jones Tefe: 612-913-5308

Sub-Acute Nurse Manager

Janet Binyana: 612-913-5403

2S Nurse Manager

Faith Onyenemezu:
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

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

Kristin Iverson: 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: 651-252-9650

Life Enrichment Department

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

In Loving Memory

We remember our friends who have passed in the last month:

- Paul L.
- Marjorie E.

