



Good Life

NEWS

at St. Anthony Health & Rehabilitation

SEPTEMBER 2019

FROM THE DIRECTOR'S DESK

Hello Residents, family and friends,

September is upon us! It is hard to believe the wonderful summer we had is fading away fast! Autumn starts Sept. 23 this year, and for many people, this is back to school time. It is also arguably the most beautiful season with all the crisp days and color that it provides.

You may notice that St. Anthony has brought some new faces to our wonderful team here! We have hired for our nursing, dining services and Life Enrichment departments in the last couple of months. Please take a moment to say hello to our dedicated staff members who have begun working independently to ensure you or your loved ones are enjoying the experience here at St. Anthony. We pride ourselves in on our Platinum Service® Standards I have been discussing in past newsletters to provide unparalleled service to our residents and ensuring we have all the right people to support this philosophy!

Thank you to everyone who has filled out the Resident Satisfaction Surveys! St. Anthony Health and Rehabilitation Center had great results. We thank you for all your valuable input so we can share that information with our staff members. Our goal is to ensure your quality of life is excellent here at St. Anthony!

Enjoy your September by joining in on the many activities that happen at St. Anthony every day! This newsletter has the full life enrichment calendar inside, and we want you and your loved ones to participate. If you have any suggestions for new activities, please let any of the life enrichment staff know, and they will try to implement them into the schedule.

As always, if you have any questions or concerns, please feel free to email or call me; I would love to hear from you.

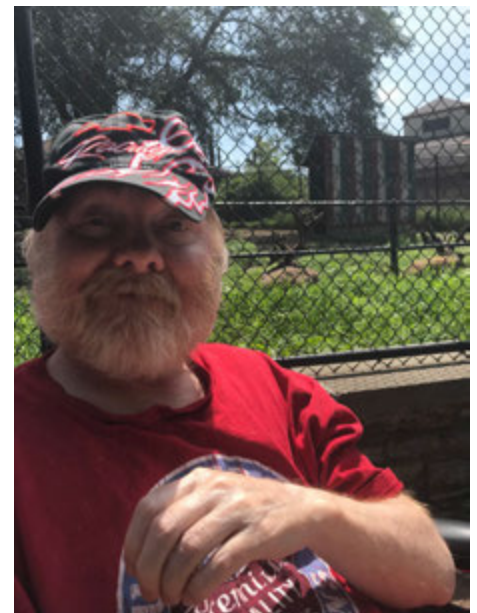
With Warm Regards,

Shari McNamara

Executive Director

OUT AND ABOUT IN ST ANTHONY

We were recently able to take 10 of our memory care residents to Como Zoo. Five of them had family meet up with us at the zoo to enjoy some time with their loved one. Pictured here is James H., who took some time from the sightseeing to pose with some caribou. Please let us know if you or a loved one are interested in joining us on one of our outings!



NURSING NEWS

Happy September! As much as I hate to see summer end, fall is a great season too with the beautiful Minnesota scenery and fall colors, and of course, the start of a new Vikings football season!

We continue to always be looking at ways to improve the care and lives of our residents. This past month, we have been very focused on the prevention of weight loss in our residents and improving the overall dining experience. The staff have some really great ideas on this and are excited to move forward on improving the whole dining experience.

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

SPIRITUAL DIRECTOR'S CORNER

What can help our spirits soar?

We all have experiences that brought joy to our lives. The birth of a baby, old friends visiting or a silly niece, nephew or grandchild can cause us to laugh to the point of tears. What joy! Wouldn't it be nice if we could experience that level of joy every day? Although that may not be realistic, there are things we can do to enable us to hang on to the joy that comes from the blessings in our lives.

In preparing this article, I looked at a list of important days in history and discovered that most of them focused on tragedy, crisis or loss. That can't be good for our minds. I discovered an article from The Guardian that gives us an insight into the effect that negative news can have on our minds. The information was shocking to me. Negative news can put our bodies in a state of chronic stress, alter digestion and make us susceptible to infection. News can kill creativity, slow our thinking and increase cognitive errors. Now I watch just enough news to know who to pray for, and I feel the difference.

The article in The Guardian contained too much information to share in the September newsletter. If you want to know more, the link to the article is below. If you do not have a computer, please let me know and I will print it out for you. The author says he has gone without news for four years and is enjoying the freedom. He said, "It's not easy, but it's worth it."

<https://www.theguardian.com/media/2013/apr/12/news-is-bad-rolf-dobelli>

As we look at special dates in September to bring us joy, consider the following:

- Sept. 4 — National Wildlife Day
- Sept. 9 — National Wiener Schnitzel Day
- Sept. 12 — National Encouragement Day
- Sept. 16 — National Play-Doh Day
- Sept. 19 — Talk Like a Pirate Day
- Sept. 22 — Elephant Appreciation Day
- Sept. 27 — National Chocolate Milk Day
- Sept. 30 — National Love People Day

Linda Boyadjis

Spiritual Care Director

FAMILY COUNCIL

My Favorite Months

Do you have a favorite month of the year? I think I do, maybe. September and October rank quite high with me. September starts to get that nice cool weather but no snow yet. Both September and October are beautiful in Minnesota. Leaves are starting to change color, and you can drive down the state following the color if you want. Our neighbors have a tree that each year turns into one of the most colorful trees I've ever seen! I also love May. Flowers are popping up — sometimes out of the snow — and grass is greening. January, while having some of the coldest days, also has those still, crunchy, snow and sun filled days; so beautiful! Who cannot like February with Valentine's Day tucked in the middle? March and April tease us — the anticipation of spring builds! In June, July and August we try to sandwich in everything we can't do all winter and take full advantage of the longer days! Who can't like the holiday seasons of November and December? I guess I don't have a favorite month after all. Do you? Next time you get together with your friends and family, find out what their favorite month is; I bet they can't pick just one!

Please join us for a Family Council meeting one of these days if you are not already a regular member. We meet the second Thursday of each month at 10:30 a.m. in the Community Room near the reception area. It's a great way for families to talk about issues, concerns and great things that have happened and to hear directly from the Executive Director, Shari McNamara, about the latest "happenings" at SAHR. If you can't make it but would like to have an issue addressed, please let me know. If you'd like to be on the email list to receive copies of the minutes, you can let me know that as well.



Carole Arndt, Family Council Facilitator

651-639-1008 or carndt651@gmail.com

WE LOVE OUR VETERANS!

On Aug. 13, Chandler Place, St Anthony and Pearl Garden hosted their seventh annual Veterans' Picnic and motorcycle show. Veterans and their spouses were invited to attend, along with Veterans from the community and local law enforcement personnel. We had over 50 guests at this event with food donated by Famous Dave's and dessert donated by Culver's! Pictured here are St Anthony Health and Rehab resident Raymond J. and his wife, Maxine.



EMPLOYEE OF THE MONTH

Congratulations to El-Joyce Tulo, our September 2019 Employee of the Month. El-Joyce works in the dining services department. El-Joyce was nominated by her coworkers and several residents. The residents appreciate how El-Joyce goes out of her way to help them, bringing them treats and items before they even ask. Her coworkers appreciate her willingness to help everyone.

Congratulations, El-Joyce!

HAPPY BIRTHDAY!

We want to wish the following residents a very happy birthday this month:

| | |
|--------------------|--------------------|
| Donald M., 9/3 | Clara B., 9/14 |
| Jeanne T., 9/4 | Theresa L., 9/14 |
| Allen B., 9/6 | June R., 9/14 |
| Marvin M., 9/6 | Elizabeth F., 9/19 |
| Berrisford B., 9/8 | Joyce A., 9/24 |
| Marian J., 9/10 | Barbara W., 9/25 |
| Kathryn S., 9/10 | Mohamed E., 9/26 |
| Louise S., 9/11 | |

LIFE ENRICHMENT

Welcome autumn! The hot dog days of summer are behind us, and we're ready to enjoy the milder days of early fall. Our bonfires have come to an end; I hope you were able to enjoy at least one of them with us! With the coming of fall, we'll be making fresh baked bread Wednesday afternoons again!

Shawn Sweeny starts off the month right with his Music that Tickles on Sept. 3. Bill Mann will be here for his monthly performance on Sept. 10. On Sept. 12, we will hold our monthly Birthday Party featuring the musical talents of Jim Kirkendahl. The week of Sept. 22 will be jam packed with fun starting off with a Fall Fest with music brought to you by Hank Thunander. Favorites Bobby and Christine will entertain us on Sept. 25, followed by a Happy Hour with Tony Garry on Sept. 27.

We have two outings in the month of September. The first will be to Aamodt's apple orchard in Stillwater for a slice of homemade apple pie and hot drinks. The second will be the long-awaited outing to Mystic Lake Casino. As always, space is limited, so please let us know if you or your loved one is interested in either of these outings.

The lunch bunch for September will be Chinese. The lunch bunch for October is yet to be determined, so please join us for our Resident Council meetings to vote on where you would like to order food from.

I hope you enjoy all the fun we have planned, and please contact me if you have any questions or comments.

Jamie Hetherington

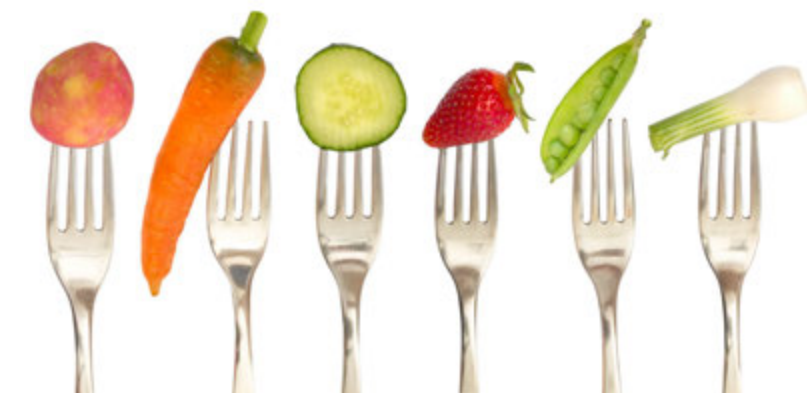
Life Enrichment Director



WHAT'S COOKING?

Greetings from the kitchen staff!

I hope everyone has enjoyed the wonderful month of August and is ready for a final farewell to summer! Last month, we enjoyed a special Resident Choice Meal of taco salad with all the fixings, fiesta vegetables and a choco taco for dessert! We also enjoyed a special Minnesota State Fair themed meal with all of the local favorites. We will continue to feature lots of fresh produce, cooler meals and more salads until the weather cools and the leaves start to change colors. This coming month, we will include a Labor Day meal of hamburgers and hot dogs, as well as our monthly resident choice meal. The resident choice meals for September and October have yet to be determined, so if you have any 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!





ST. ANTHONY

Health & Rehabilitation

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2N: 612-913-5313
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Spiritual Care Director

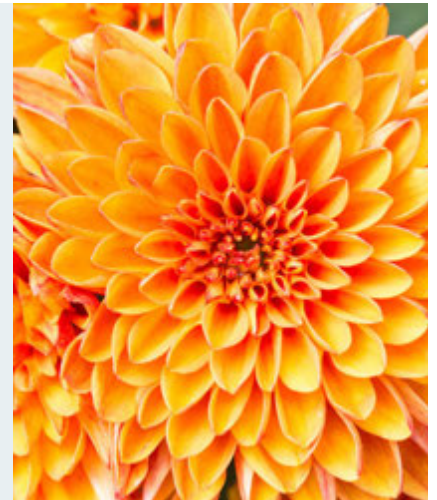
Linda Boyadjis:
651-252-9650

IN LOVING MEMORY

We fondly remember our friends whom have recently passed:

- Kenneth B.
- Marian P.

Our next Memorial Service will be Sunday, Sept. 15, at 2 p.m., in the Chandler Place Dining Room.



LIKE US ON FACEBOOK

@StAnthonyHealthandRehab

Visit facebook.com/StAnthonyHealthandRehab to see pictures and catch up on all the fun here at St. Anthony. This is a great way for family members and friends to stay connected!