



From Your Administrator By Kim Pederson

Updates from the Administrator

I'm sure all of you are feeling thankful for the weather we all wait for in Minnesota each year! Please enjoy the outdoors with your loved one. We have opened the outdoor shelter and benches and shade await you. I've ordered a number of solid chairs for additional outdoor seating, and they should arrive soon.

We continue COVID testing per CDC/CMS/MDH guidelines. We have no positive residents at this time, but it seems that every two weeks or so we have one or two positive staff. Most are vaccinated and symptoms continue to be mild. It reminds us that this is not over and we must continue to be diligent with handwashing, mask wearing and other safety measures.

We appreciate your continued support!

Kim Pederson, Administrator

June Birthdays

Alfonso P	June 5 th
Marv O.	June 8 th
Don T.	June 10 th
Art N.	June 13 th
Del T .	June 21 st
Char R.	June 24 th
Elvie R.	June 25 th
Cleet S.	June 26 th
Bob P.	June 28 th
Eileen J.	June 29 th

YOU ARE
MY
SUNSHINE
MY ONLY
SUNSHINE

Keep up to date with events & news on our website!

www.parkriverestatescarecenter.com

Resident Council Monthly Meeting

Resident Council Meeting: Tuesday, May 10th, 2022 3:00 p.m.

Those Present: Valerie M., Eloise G., Ruth F., Corrine W., Char R., Bonnie S., Dave W., Theresa L., Fern F., & Emma Lund., LSW

The pledge of Allegiance was stated, and Resident right “Self Determination” was read.

Old Business: Council members report they did not notice the hand wipe dispensers at the entrance of the dining rooms. Emma pointed them out and encouraged residents to use them before and after meals. The safety concern from the previous month regarding the transition between the MDR and hallway was discussed. Council members had not noticed the new grab bar on the wall to assist residents. Emma pointed this out and encouraged residents to try it out.

New Business: Council members state they are enjoying the 10:00 activities. They think it’s a nice way to start the day. The Council was reminded of the location of the Ombudsman information outside of the Social Services office.

Safety Concerns: Council members report the doors to the dining rooms close on their own. Emma explained that during a fire drill, the doors

demagnetize and close to help prevent the spread of fires. Staff can assist with reopening when the drill is over.

Meeting was adjourned.

The next meeting is scheduled for Tuesday, June 14th, 2022 at 3:00 p.m. in the Welcome Room.

YOU
MAKE ME
HAPPY
WHEN
SKIES
ARE GRAY

Summer

National Eagle Center Visit

Join us for a special presentation from the National Eagle Center with an Eagle Ambassador! We will be learning all about our national bird on June 13th at 2:00 in the Chapel!

Park River Walk

Due to cold and rainy weather, we had to cancel our annual Park River Walk during National Skilled Nursing Care Week. We have rescheduled this event for 11:15 on Tuesday, June 21st. Remember to wear your Park River t-shirt!

How Hot is Too Hot?

Every year there are reports around the country about seniors and injuries from over exposure to heat/sun. Our resident's safety is our number one priority, and we need to make sure that we don't put their health at risk when they are outdoors. Many common medications that our residents take have side effects that cause sensitivity to sun/heat. Also, extreme heat can cause dehydration and heat stroke at a higher rate for seniors. If it is too hot outside, it is not safe for residents. So how hot is too hot for our residents to be outdoors? If the actual temperature and/or "real feel" is above 90 degrees, it is not safe for our residents to be outdoors. Also, we recommend that residents protect their skin with sunscreen when they are in direct sunlight. We have sunscreen in the Therapeutic Recreation Department that is available for residents to use. Thank you for understanding that our resident's safety is our number one priority.

Nifty Fifties Word Search

Find the part of these famous fifties personalities names that are in **BOLD**!

B E R R Y L L O H P
A L K I K N T J A A
L V R S C S O G N R
L I A S I E E T I K
E S L E R W U B D S
L C C F E O J N O L
T F I L C O C T Y U
N T N A E D R K A A
A P N I R A D I D P
M E V E R L Y M C A

Paul Anka	Pat Boone
Lucille Ball	Dick Clark
Chuck Berry	Doris Day
Tony Curtis	Bobby Darin
James Dean	Buddy Holly
Ricky Nelson	Rock Hudson
Mickey Mantle	Rosa Parks
Kim Novak	Patti Page
Elvis Presley	Natalie Wood
Montgomery Clift	Joe DiMaggio



If you have
the power to
make someone
happy, do it.
The world
needs more
of that.

Chaplain's Corner

The Rainbow of God's Grace

Happy June! Did you know, on average June is the wettest month in Minnesota with an average of 4.06 inches of rain! And with those rainstorms, we hope to see some rainbows! The best time of day to see a rainbow is after it rains, of course!! But the best time is around sunset or sunrise because of the angle of the sun.

What a majestic part of nature—the beautiful colors always in the same displayed order, almost like God's smile reaching down to the earth!

A **rainbow signifies joy** that the rain is past, the sun is shining, and tomorrow will be a good day. I never did find the 'pot of gold' at the end of the rainbow!! But the rainbow holds deeper meaning.

The first reported rainbow sighting occurred in the account of Noah and his family in Genesis, chapters 6-9. They had just survived the longest and most intense rainstorm and flooding ever recorded. Can you imagine coming out of the ark after one long year? And they 'lived to tell about it!' Can you imagine every time Noah heard the thunder and saw the lightening, he froze fearing they would experience the flood again!

Scripture indicates God sent the rainbow as a seal of His promise that He would never again flood the earth. Today we understand the rainbow in a natural way as the effects of light shining on water droplets. The light is refracted, or bent into a bow shape, and separates into the beautiful colors.

The rainbow reminds us of God's beautiful grace. In the midst of storms, God shelters His followers. Even though we humans fail, He provides a way through if we will grasp His provided lifeline. In the storms of life, we can run to His place of safety through prayer.

Remember: *God is our refuge and strength, an ever-present help in trouble* (Psalm 46:1).

And if you wonder about the flood, read Jesus' words in Matthew 24:36-39. He validated Noah and the flood.

In June, let's honor the dads among us: "Happy Father's Day!"

+ *Chaplain Sherree Lane*

Back to the Fifties Trivia!

1. During what year did California's Disneyland first open?
2. Who did Marilyn Monroe marry in 1954?
3. Who is credited for developing the first Polio vaccine in 1953?
4. Who is said to have first used The term "Rock N Roll" in 1951?
5. Which company first introduced "TV Dinners" in 1954?
6. Which American civil rights leader refused to give up her seat in 1955?
7. Which popular entertainer was inducted into the US army in 1958?
8. In what year did the Dennis the Menace comic strip appears in newspapers across the U.S. for the first time?
9. Which two men were introduced as NASA's first astronauts in 1959?
10. Which actress married Prince Ranier of Monaco in 1956?
11. Which popular fast food chain restaurant was first opened in 1955?
12. Which Japanese car manufacturer started selling cars in the USA in 1957?
13. What year were the first color television pictures broadcast from Empire State Building?
14. Which Wisconsin Senator was censured in 1954 after his seeking out Communists in the US government?
15. In what year were the words "Under God" added to the USA Pledge of Allegiance?

Answer Key:

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|--------------------------------------|-----------------|---------------------|---------------|
| 1. 1955 | 2. Joe DiMaggio | 3. Jonas Salk | 4. Alan Freed |
| 5. Swanson | 6. Rosa Parks | 7. Elvis Presley | 8. 1951 |
| 9. John Glenn Jr. & Alan Shepard Jr. | | 10. Grace Kelly | 11. McDonalds |
| 12. Toyota | 13. 1951 | 14. Joseph McCarthy | 15. 1954 |

Key Facility Contacts:

Administrator..... Kim Pederson
Chaplain.....Sherree Lane
Dir. of Admin. Services.....Dani Van Beek
Dir. of Compensation.....Lori Jumper
Dir. of Culinary Services.....Heidi Kildahl
Dir. of Environ Services.....Pam Posthumus
Dir. of Finance.....Marti Bullock
Dir. of Health Information.....Pam Carpentier
Dir. of Maintenance.....Kurt Becker
Dir. of Nursing.....Alicia Leavitt
Dir. of Rehabilitation.....Dawn Brotten
Dir. of Social Services.....Chris Neely
Dir. of Staff Development.....Sue Sellner
Dir. of Therapeutic Recreation.....Linnea Maki
Infection Preventionist.....Sam Graf