

# MAY

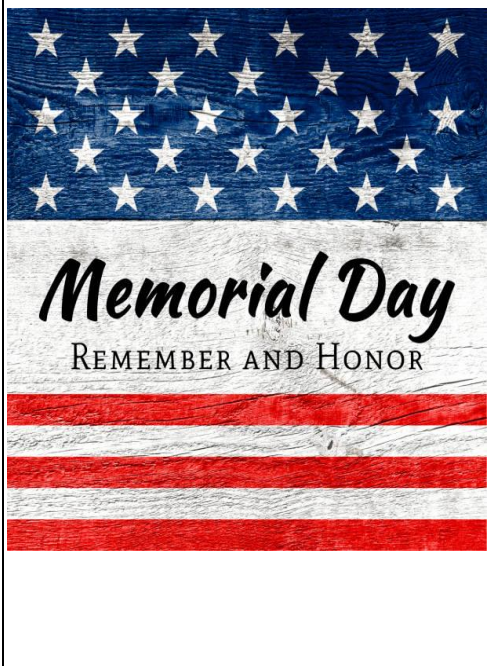
## 2022

### Dates to Remember

May 8<sup>th</sup>- Mother's Day

May 8<sup>th</sup>-14<sup>th</sup>- National Nursing Home Week

May 31<sup>st</sup>- Memorial Day



## From Your Administrator By Kim Pederson

### Park River Estates Care Center Named One of The Best!

I am so proud to let you know that Park River Estates was recently named one of the best care centers in the State of Minnesota by U.S. News and World Report. Based on data up to July of 2021, as well as COVID vaccination data in 2022, Park River Estates is rated as “high performing” in both the short- term rehab area as well as long term care. U.S. News and World Report looks at a variety of areas including staffing ratios, COVID-19 staff and resident vaccination rates, patient outcomes in short-term rehab, facility complaints, and patient safety.

This designation, along with our recent Department of Health survey remind us of what a wonderful place Park River Estates is to live and work. Thank you for your ongoing trust and support.

### Infection Control and Book Recommendation

At the end of March, we were fortunate to host Dr. Buffy J. Lloyd-Krejci at Park River Estates. Dr. Buffy, as she is referred to, is an epidemiologist and is passionate about infection prevention and control in settings such as ours. She walked through our facility and observed staff in all areas. Her feedback to us was very positive with a few recommendations for change or enhancement. We are thankful to have had her expertise here as we continue to fight COVID and other potential infectious organisms. Dr. Buffy has recently written a book: *Broken. How the Global Pandemic Uncovered a Nursing Home System in Need of Repair and the Heroic Staff Fighting for Change*. Her book is available on Amazon. I've read it, and I would encourage you to do so.

Kim Pederson, Administrator

# May Birthdays



Eloise G.	May 5 <sup>th</sup>
Al S.	May 11 <sup>th</sup>
Nancy H.	May 14 <sup>th</sup>
Dorothy B.	May 19 <sup>th</sup>
Sue P.	May 21 <sup>st</sup>
Judy M.	May 30 <sup>th</sup>
Alice M.	May 31 <sup>st</sup>

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

[www.parkriverestatescarecenter.com](http://www.parkriverestatescarecenter.com)

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## Resident Council Monthly Meeting

Resident Council Meeting: Tuesday April 12<sup>th</sup>, 2022  
3:00 p.m.

**Those Present:** Char R., Tom H., Dee Dee M.,  
Eloise G., Dave W., Bonnie S., Valerie M., Mary Jo  
B., and Emma Lund, LSW.

The meeting was called to order and the Pledge of  
Allegiance was stated. The minutes from last month  
were read. Emma read Resident Right "Respect &  
Dignity."

**Old Business:** Council members state they are  
enjoying the variety of added activities every day.  
They express an interest in starting a book club. TR  
staff will follow up with this. Handwipe holders  
have been added at the entrances to the dining  
rooms for resident's use.

Emma went over Ombudsman information and its  
location outside of the Social Services office.

**Safety Concerns:** Members state the transition  
between the dining room and hallways is difficult  
to get over in their wheelchairs. Dave from  
maintenance will install a grab bar at the entrance.  
Council members are pleased with this solution.

Next meeting is scheduled for Tuesday, May 11<sup>th</sup>  
at 3:00 p.m. in the Welcome Room.

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# May

## National Skilled Nursing Care Week!

This year, we celebrate National Skilled Nursing Care Week May 8<sup>th</sup>-14<sup>th</sup>. “Creating & Nurturing Connections” represents people’s natural yearning to feel a connection with someone. The connections between our residents and caregivers are built on trust, compassion, and love. We truly mean it when we say our residents are like family to us. Throughout the week, we will have yummy treats & fun events for residents and staff. We look forward to celebrating staff & residents together in our home!

## Park River Walk

Each year, Alzheimer Associations across the country take part in walks in their communities to raise awareness of Alzheimer’s disease. This year, we will be doing a Park River Walk during National Skilled Nursing Care Week on Monday, May 9<sup>th</sup> at 2:00. Weather permitting, we will take our residents outside and go for a walk around the building, followed by Dairy Queen Dilly Bars! Let’s keep our fingers crossed for beautiful walking weather this year!

## National Skilled Nursing Care Week

### Monday

2:00 Park River Walk  
2:30 Dairy Queen Dilly Bars

### Tuesday

Grilled Hotdogs for Lunch  
2:00 Music w/ Lady Di

### Wednesday

Taco Salad for Lunch  
2:00 Music w/ CODA

### Thursday

Han’s Bakery Beestings  
Music w/ Todd “Elvis” Anderson

### Friday

Park River T-Shirt Day  
2:00 Happy Hour & Music w/ Shawn Sweeney  
2:00 Soft Pretzels w/ Cheese



*A hero  
is someone who  
has given  
his or her life  
to something bigger  
than oneself*

## Chaplain's Corner

### Perspective

The New Scientist magazine compiled a list of actual statements made by children regarding their perspective about scientific matters.



- ✓ There are three kinds of blood vessels: arteries, vanes and caterpillars.
- ✓ Blood flows down one leg and up the other.
- ✓ Rhubarb is a kind of celery gone bloodshot.
- ✓ To keep milk from turning sour: keep it in the cow.

It's good for a laugh, but we adults know, from our experience and perspective in life, that these statements are not totally accurate. Likewise, the writer of Psalm 73 (Asaph) had a problem with perspective. He started to look at the people around him who had more than he had and he became envious. It appeared to him they had an easy life with no troubles!

Asaph said something like this to God. "God, I know you are good. I mean, that is the foundation of my faith. And it seems you are extra good to those who live right. But God, I'm having trouble believing it right now. It doesn't feel like you are good to me. I just don't see it. Other people have it much better than me. It's not fair." He experienced a crisis of faith. Envy blinded him to reality and caused him to mistrust God. He needed a new perspective.

What did Asaph finally do? He couldn't get over the envy until he went to the chapel: *"...till I entered the sanctuary of God; then I understood..."* (Ps. 73:17). In other words, he went to worship God. He went into the worship place, into a quiet place and turned to God for answers. He found in worship God re-focused his thoughts. He then realized the bigger picture!

As we age, worshiping God is still of vital importance. We still need that strong connection with our Heavenly Father. Sometimes I just need to know my Heavenly Father really loves me. At times I need a higher perspective. Don't forget to take advantage of the Sunday chapel services and Friday Bible studies at Park River Estates. It will change your perspective.

Happy Mother's Day!!

+ Pastor Sherree Lane, chaplain



## *The Meaning Behind Memorial Day*

### ***HISTORICAL BACKGROUND***

- From 1861 to 1865, the United States was involved in a Civil War which divided Americans into Union and Confederate States. The war broke out due to many disparities among the northerners (free states) and southerners (slave states).
- Union states were headed by US President Abraham Lincoln while the Confederates elected their own, Mississippian Senator Jefferson Davis.
- Many able Americans were recruited to be soldiers, including farmers, mechanists, plumbers, and teachers. When the war ended it was estimated that 620,000 soldiers from both sides died.
- On May 5, 1868, three years after the war, Major General John A. Logan, head of the Grand Army of the Republic established Decoration Day which should be observed on May 30th. It was the time of year for Americans to decorate the graves of soldiers who died in the previous war.
- In the same year, Ohio Congressman, and later U.S President James Garfield delivered a speech at Arlington National Cemetery. It was attended by 5,000 participants who decorated the graves of around 20,000 soldiers who were buried there.

### ***DECORATION DAY TO MEMORIAL DAY***

- Prior to World War I, southerners did not recognize Decoration Day. It was the northerners who observed the day with much enthusiasm. When Decoration Day was proposed to honor all soldiers, who died in any war, southerners embraced it.
- By 1967, Decoration Day was officially named as Memorial Day. Four years later, it was declared as a federal holiday and the date was moved to the last Monday in May for a longer weekend.
- On Memorial Day, people participate in and watch an annual parade. In addition, flags are flown at half-mast until noon, then to full mast until sunset.
- Wearing of red poppies is also a tradition which originated from John McCrae's poem In Flanders Field.
- It is also a popular day to visit the graves of soldiers and decorate them with flags and flowers. While others may choose to travel over Memorial Day weekend as it marks the beginning of summer.
- On December 28th, 2000, US President Bill Clinton signed the National Moment of Remembrance. Aside from the initial traditions, all Americans need to pause at 3pm during Memorial Day to honor and remember the sacrifice of American soldiers.
- In Washington D.C, the annual Rolling Thunder Run is observed to raise awareness of prisoners of war or those lost in action.
- Memorial Day is often mistaken with Veterans Day. The latter honors all US military veterans while Memorial Day honors the soldiers who died while serving.

## Key Facility Contacts:

Administrator.....Kim Pederson  
Chaplain.....Sherree Lane  
Dir. of Admin. Services.....Dani VanBeek  
Dir. of Compensation.....Lori Jumper  
Dir. of Culinary Services.....Heidi Kildahl  
Dir. of Enviro. Services.....Pam Posthumous  
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