

## From Your Administrator

By Kim Pederson



### News from Nutrition Services

One of our priorities at Park River Estates Care Center is to provide timely, tasty, nutritionally sound, temperature appropriate meals to the seniors we serve. Our dietary department has done an excellent job in this regard. However, workforce challenges that have been made even harder during COVID have hit our dietary department very hard. We are fortunate to have two strong leaders in dietary services that work very hard and have stepped in as much as possible to help their team and our residents. We are aggressively trying to hire. Staff from other departments are stepping in when and where they can. We ask for your patience and understanding as we work to hire quality members for our dietary team. If you have anyone that you know who would like to work with us, please send them our way!

### Referral Bonus Continues

We continue to look for more great employees just like you! Please consider referring a friend, family member or colleague from a previous job. If your referral is hired, both you and the new employee will receive \$500 at three months, \$500 at six months, and a final \$500 bonus after 1 year. Please make sure they mention you in their application. This referral bonus is valid for any open position at PRECC.

*Kim Pederson, Administrator*

# September Birthdays

Chuck D.                      September 13<sup>th</sup>  
Emily H.                      September 21<sup>st</sup>  
Bud C.                        September 24<sup>th</sup>  
Ed R .                         September 26<sup>th</sup>



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

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## Resident Council Monthly Meeting

Resident Council Meeting: Tuesday, August 9th, 2022, 3:00 p.m.

**Those Present:** Audrey W., Violet L., Diane J., Theresa L., Ruth F., Char R., Dorothy B., Val M., Ila J., Eloise G., Tom H., Fern F., Cleet S., Bonnie S., Dave W., Dee Dee M., Alice M., Pam M., Ombudsman Volunteer, and Emma Lund , LSW. The meeting was called to order and the Pledge of Allegiance was stated. Emma read Resident Right "Notification of Changes."

**Old Business:** Council members were informed that kitchen staff will look into a four-week menu rotation for the fall/winter menu.

**New Business:** Council members asked if BLT sandwiches could be added to next year's spring/summer menu. Request was given to Heidi,

Director of Nutrition. Members report that meals have been served on time a majority of the time. Council members report enjoying the music activities the most- particularly the guitar and accordion players. Members asked if more activities can be held outdoors. Request was given to Linnea, Director of Therapeutic Recreation. Emma informed council members of the Gift Basket Fundraiser and they are looking forward to seeing all the baskets staff create!

**Safety Concerns:** No Safety concerns stated.

The next meeting is scheduled for Tuesday, September 13<sup>th</sup>, 2022, at 3:00 p.m. in the Welcome Room.



### Gift Basket Fundraiser

Although we are not having the picnic this year, we are still having our gift basket fundraiser for the Resident Council Foundation. \$1.00 raffle tickets can be purchased at the front desk starting August 29<sup>th</sup> through September 16<sup>th</sup>. The Foundation is a non-profit organization, separate from Park River Estates Care Center. The Foundation's Board includes members from our community, staff and two residents. The Foundation's sole purpose is to raise money to pay for extra entertainment, activities, and other items to enhance the resident's quality of life in our home.

### VFW Honor Guard

In remembrance of the lives we lost on September 11<sup>th</sup>, 2001, the Coon Rapids VFW Post #9625 Honor Guard will hold a memorial ceremony at Park River Estates. Please join us at 2:00 on September 12<sup>th</sup> in front of our LTC entrance, by our flag.

### Lovable Llamas

Join us for a unique pet therapy experience! Llamas are best described as calm, very friendly and pleasant to be around...a perfect therapy pet! Carlson's Lovable Llamas will be visiting our home on September 15<sup>th</sup> and guarantee to bring happiness and smiles to everyone!

### New Activities

Starting in September, Faith Lutheran Church will have a monthly communion service for residents. This will be on the third Wednesday of each month at 10:00. Also in September, we are starting a men's group! This group will be a social hour for men and will have different topics, activities, and games each week. Men's Group will take place on Thursday's @ 2:00.

### The Golden State Answer Key-

- |                        |                        |  |
|------------------------|------------------------|--|
| 1. Redwood             | 9. Rodeo               | 17. Missions                           |
| 2. San Francisco Bay   | 10. Hollywood          | 18. Richard Nixon and<br>Ronald Reagan |
| 3. 1906, San Francisco | 11. Sacramento         | 19. Theodore Roosevelt                 |
| 4. 1848                | 12. Los Angeles        | 20. Sequoia                            |
| 5. 49ers               | 13. Death Valley       |  |
| 6. Grapes, wines       | 14. Sierra Nevada      |  |
| 7. Fisherman's         | 15. San Diego          |  |
| 8. Disneyland          | 16. Golden Gate Bridge |  |



## Chaplain's Corner

### Leaving a Trail

Whether we know it or not, we are each leaving a trail for others to follow. What kind of trail are you leaving?

The fairy tale of Hansel and Gretel has become synonymous with **leaving a trail**. Thought to have originated during the Great Famine (1315-1321), the fairy tale weaves the story of Hansel and Gretel whose parents were so poor they couldn't feed their children. (That was before the time of county assistance for the needy!) Hansel and Gretel overheard their father reluctantly agree to his wife's plan to bring the children into the forest and leave them. Hansel creates a plan too and sneaks out that night to collect **white pebbles** that he uses to leave a trail so they can return home.

When they return home later their stepmother is upset. She still cannot feed them, so the event happens all over again. However, this time Hansel uses **breadcrumbs** to leave along the pathway. But Hansel and Gretel are not so lucky this time for the birds have eaten the crumbs, and they cannot find their way back home. After many twists and turns of fate, they eventually return back home to their father to discover their stepmother has died. Their father is delighted to see them and with the treasures of the wicked witch, they live happily ever after. The end!

**The point is, what kind of trail are we leaving for others to follow?** Are we intentional about leaving memories that mean so much to us? More than that, our lives leave a character trail. How do we react when under pressure? How do we respond to events that cannot be changed? How does one accept the unacceptable?

Think about this:

**Acceptance doesn't mean giving in or giving up.** It means giving yourself completely to God's plan for your life, trusting that He always wants what's best for you, and will help you meet every challenge with courage.

While we live, we have opportunity to leave a trail of character and godliness that will influence those around us in a positive way. Fortunately, our Heavenly Father helps us as we ask Him. He responds to our prayers. Then the trail we leave will be one of faith!

*Happy September!!*

*+Chaplain Sherree Lane*



## The Golden State

September 9<sup>th</sup>, 1850 is the date when California became a state. Find out what you know about California by answering the questions below. Use words from the word bank to answer the questions. Answer Key on page 3.

1. What colorful type of tree has its own forest in California? \_\_\_\_\_
2. California contains the world's largest landlocked harbor, \_\_\_\_\_.
3. In \_\_\_\_\_ a major earthquake occurred in California. In what city did it occur?  
\_\_\_\_\_.
4. Gold was discovered at Sutter's Mill in \_\_\_\_\_.
5. Miners who flocked to California were called \_\_\_\_\_.
6. California is known for its \_\_\_\_\_, which are made into fine \_\_\_\_\_.
7. \_\_\_\_\_ Wharf is a tourist attraction in San Francisco.
8. \_\_\_\_\_ amusement park is located in Anaheim.
9. \_\_\_\_\_ Drive is a famous street for expensive shopping in Beverly Hills.
10. \_\_\_\_\_ is the filmmaking capital of the U.S.
11. \_\_\_\_\_ is California's capital.
12. \_\_\_\_\_ is the second largest city in the United States.
13. \_\_\_\_\_ is the lowest place in the United States.
14. Most of California's gold deposits are found on the western slope of the \_\_\_\_\_  
\_\_\_\_\_ Mountains.
15. One of the nation's finest zoos is in \_\_\_\_\_.
16. One of the world's longest suspension bridges is the \_\_\_\_\_.
17. In the early 1800's California was home to many \_\_\_\_\_ built by Franciscan friars.
18. Name two Presidents who called California home: \_\_\_\_\_ and  
\_\_\_\_\_.
19. This President was in office when Yosemite National Park was established \_\_\_\_\_.
20. The General Sherman is one of the world's largest living things. It is a \_\_\_\_\_ tree.

### Word Bank

Missions	sequoia	1906	fisherman's
49ers	Richard Nixon	San Francisco	grapes
Wines	Sacramento	redwood	Theodore Roosevelt
San Diego	Los Angeles	Death Valley	Golden Gate Bridge
Rodeo	Ronald Reagan	Sierra Nevada	San Francisco Bay
Disneyland	Hollywood	1848	

## 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 Enviro. Services.....Pam Posthumus  
Dir. of Finance.....Marti Bullock  
Dir. of Health Info.....Pam Carpentier  
Dir. of Maintenance.....Kurt Becker  
Dir. of Nursing.....Alicia Leavitt  
Dir. of Rehabilitation.....Carrie Powell  
Dir. of Social Services.....Chris Neely  
Dir. of Staff Development.....Sue Sellner  
Dir. of Therapeutic Rec.....Linnea Maki  
Infection Preventionist.....Sam Graf