

SUMMER 2024

SENIOR Living

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Kathy's Chronicles

Summer fever!

Although I shouldn't complain as we had such a mild winter, I am so excited summer is here! The smell of fresh cut grass, boat rides, the beauty of summer flowers, and the warm sun, and songs of the birds outside! This season is good for our physical and mental health. Lakewood's vision is "empowering health and well-being together." I can't think of a better way than to take time to do the things that bring happiness to yourself and others!

Lakewood is a strong supporter of employee wellness and community involvement. Senior Services, as part of our health system and community, offers the perfect opportunity to "exercise" that support. Did you know employees have up to eight hours of volunteer time built into our Wellness Time Off benefits? This is a perfect opportunity to give back to yourself and your community and volunteer at the Care Center, The Pines, or The Manor. Here are just some of the volunteer opportunities available:

- Walk with a Doc: Occurs the first Thursday of each month at 5:00 p.m. at the care center. Dr. Adrienne Moen joins us for an outdoor adventure and we need volunteers to help wheel residents on this walk! (Care center)
- Golf cart rides: We need volunteers to ride along on Tuesdays and Thursdays, starting at 10:00 a.m., for rides around the community – smiles, laughter, and site-seeing are included for no extra charge! (Care center: Tuesdays and Thursday; assisted livings: Scheduled as volunteers are available.)
- Trishaw bike rides: With a brief orientation/training, you can be the navigator of community tours on our e-bike that offers seating for two residents – community walking paths can be used for these explorations! Flexibility with your schedule, as you set the date and time as the pilot (Care center and assisted livings)
- Bingo: Get ready for some competition! Our residents at the care center pack the room for this event and extra hands to assist with each table is always appreciated!

Help one another. There's no time like the present, and no present like the time.

–James Durst

Join us! We can't wait for you to experience the joy of giving the best gift – your time!

Melinda Fox: 218-894-8340 (care center)

Kari Davis: 218-541-0143 (assisted livings)

Be well,



OUR MISSION

is to provide quality, personalized healthcare for a lifetime.

OUR VISION

to empower health and well-being together.

WE VALUE

integrity, compassion, accountability, high quality, innovation

Here & There

Emergency Preparedness

Lakewood Health System long-term care, home care/hospice and assisted living teams participated in a cyber security tabletop exercise presented by Superior Health on April 11, 2024. The group was presented a scenario involving phone and internet failure at Lakewood due to a cyber-attack, and had to answer questions, discuss and work through various phases of the scenario. Participants included: Quality Manager, Jacque Bartczak; Vice President of Senior Services, Kathy Dobson; Director of Assisted Livings, Rhonda Ekholm; Director of Home-Based Services, Deb Toth; Care Management Director, Becky Misegades; Senior Services Administrative Assistant, Karen Tetlie; IT Manager, Joe Hoelscher; and Emergency Preparedness Manager, Rod Opheim. As with all preparedness exercises, we came away with an improvement opportunity, so going forward, there will be additional education and practice of downtime procedures within departments. This will be considered when doing future exercises and tabletops, with downtime functions as part of the exercise or tabletop. Leaders will implement education of downtime procedures within their team/staff meetings to ensure all are up to speed with regards to downtime procedures. Overall, the exercise was useful and informational to all involved.

Quality Project: Pain Control and Hospitalizations

Lakewood Care Center submitted a quality project regarding improving pain control and decreasing hospital admissions for residents who are in the building less than 30 days. The project was selected for funding by the Minnesota Department of Health. The major cost of this project was purchasing a new electronic charting platform, which not only helps our nursing staff with charting, but has features that allow us to obtain reports regarding use of pain medications. Our quality manager runs these reports weekly and reviews them for trends. The reports then go to the nursing coordinators to review and discuss with our medical director and nurse practitioner for opportunities to implement pain management changes to keep the residents more comfortable. The data we have received back from the state indicates we are making good progress in this area.

The second area of this project was to reduce the hospitalizations of residents who have been admitted less than 30 days. One of the interventions we put into place was to have a group review of every resident who is admitted to the hospital. We review for any information or changes in the resident that might have been identified sooner to be able to treat them at the care center where they are more comfortable and known best by the nursing staff. The data for this project also indicated we are improving in this area.

We will continue with these projects for state measurements through June 2025. Our goal is that the interventions we develop will become part of everyday process to improve the quality of life for our residents.

Care Center Resident Mailing Address Change

Our care center resident mailing address has changed. In an effort to ensure residents are getting their mail in a timely fashion we have dedicated a postal box/address solely to their incoming mail. Please feel free to share with all family and friends who wish to send mail to loved ones at Lakewood Care Center.

Our new resident mailing address is:

(Resident name)
403 Prairie Ave NE
Staples, MN 56479

Cruise Week

This year's Care Center Cruise Week will take place September 9-13, and this year's theme is Caribbean Cruise. Look for pictures and a recap of the week in the next newsletter!

Here & There, con't

Food for Thought

Nutrition Services team has been grilling once a month during the lunch hour. The Food for Thought group votes at their monthly meetings, to decide what will be served during those grilling days. We are looking forward to seeing more fresh fruit and picnic options during these meals, and enjoying the great summer weather! Food for Thought takes place the 3rd Wednesday of each month.

Recipe - Waldorf salad

6 tbsp. mayonnaise (or plain yogurt)*
1 tbsp. lemon juice
1/2 tsp. kosher salad
Pinch freshly ground black pepper
2 sweet apples, cored and chopped
1 cup seedless red grapes, halved, or 1/4 cup raisins
1 cup thinly sliced celery
1 cup chopped, slightly toasted walnuts
Lettuce

**If using yogurt, leave out the lemon juice. You may also want to add a bit of honey to balance the tartness of the yogurt.*

Directions:

1. Make the dressing: In a medium-sized bowl, whisk together the mayonnaise (or yogurt), lemon juice, salt and pepper.
2. Add the apples, celery, grapes and walnuts, and stir into the bowl with dressing.
3. Spoon salad onto a bed of fresh lettuce and serve.



What & Where

Homework for Adults

As we head into the last month of summer, a new school year (and homework) is just ahead. This is a good time of the year to consider that all adults also have some homework to complete. As people get older it is important to think about what they would want to happen if they become too sick or unable to make decisions about their health. That's where an advance directive or living will come in.

An advance directive is a way for adults to make choices about their medical care in advance. This plan helps medical providers and family members know what a person wants if they can't speak for themselves. It's like giving instructions for their care in case they get really sick or injured and can't say what they want.

Here are a few reasons why completing an advance directive is important for adults:

- **Personal choices:** With an advance directive, adults can make decisions about what kind of treatments they would want or not want if they're seriously ill. They can choose things like whether they want to be on machines that help them breathe or if they want medical staff to do everything possible to keep them alive.
- **Less stress for family:** When adults have an advance care plan, it helps their family members know what to do if they get sick. This can reduce stress and confusion for everyone because the family won't have to guess what their loved one would want.
- **Peace of mind:** By having an advance care plan, adults can have peace of mind knowing their wishes for medical care will be followed, even if they can't communicate them later.

When we talk about planning for future healthcare decisions, there are three important terms to understand: advance care plan, advance directive, and living will. While they're all related to making choices about medical care, they serve slightly different purposes.

- **Advance care plan:** Think of this as a comprehensive road map for your healthcare preferences. An advance care plan covers various aspects of your future medical care, including your treatment preferences, who you want to make decisions for you if you can't, and your values and beliefs regarding healthcare. It's like a personalized guidebook that helps your healthcare team and loved ones understand your wishes if you become unable to express them yourself. So, an advance care plan is like a big picture view of your healthcare preferences.
- **Advance directive:** This is a legal document that outlines your healthcare wishes in advance. An advance directive can include several components, such as a living will and a healthcare proxy designation. The living will part of the advance directive specifically details the medical treatments you would or would not want if you're unable to communicate. It typically addresses scenarios like life support, resuscitation, and other medical interventions. The healthcare proxy designation, on the other hand, appoints someone you trust to make healthcare decisions for you if you're unable to do so yourself. So, an advance directive is like the legal paperwork that puts your advance care plan into action.
- **Living will:** This is a specific type of advance directive that focuses solely on your preferences for medical treatment in certain situations. A living will typically addresses end-of-life care and outlines your wishes regarding life-sustaining treatments if you're terminally ill, permanently unconscious, or otherwise incapacitated. It's a way to communicate your desires about medical interventions, such as mechanical ventilation, tube feeding, and CPR, to your healthcare providers and loved ones. So, a living will is like a detailed chapter within your advance directive that specifies your medical treatment preferences.

All are important because they help ensure everyone gets the care they want, even if they can't speak for themselves.

Now is the time. It is never too early until it is too late.



Dr. Julie Benson
Senior Services Medical Director

What & Where, con't

Resident Voting

Lakewood Care Center residents will have the opportunity to “stay in” and vote in-person during this year’s elections. As in previous years, election judges will come to the care center on an established date to assist residents with voting. The dates of the state primary and presidential elections are listed below.

Lakewood Care Center fully supports our residents’ right to vote and as a reminder, all permanent residents are eligible to vote unless that right has been taken away by a court of law. Also, any resident who chooses to go to their precinct to vote on election day may do so as well. Residents or their representatives would need to arrange for this transportation.

State primary election:

Tuesday, August 6th, 2024 at 1 p.m.

Presidential election:

To be determined; will be announced in October



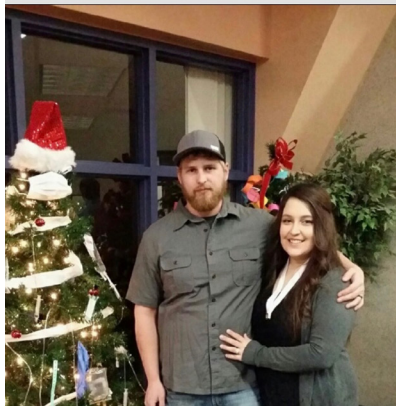
Spotlight

Alyssa Cole, RN: Assistant Director of Nursing

Alyssa has been at Lakewood since December 2020, where she worked in the hospital and on the behavioral health unit before transitioning to the care center where she’s been since December 2023. Alyssa’s job includes overseeing the Activities department, care center nurses, physical therapy aides, and assisting the director of nursing with her duties. She also covers the care center wing coordinators when they take time off. The part of her job she enjoys the most is the variety of things she does. Each day and each department is different and she really enjoys getting one-on-one time with front line staff when she works on the floor.

Alyssa and her husband have six kids and live on a hobby farm in Pequot Lakes. She loves to garden, bake, travel and hike. As a family, they most enjoy having mini staycations around Minnesota, where they get to explore unique places.

Fun fact: She was born and raised in Washington state, but has lived in Minnesota since 2015 and loves it.



Activities

Cupcakes for Seniors

A special thank you to local mobile coffee and desserts truck, Something Good, and owners Jenna and Elizabeth, for their 'cupcakes for seniors' initiative which gave customers the opportunity to donate \$2 to give a homemade cupcake to our care center residents. Thanks to everyone's generosity, all residents received a cupcake!



Quilts of Honor

Care center veterans were honored by Lakewood and the Quilts of Honor organization with personalized 'Quilted Hugs of Honor' handmade quilts as a token of appreciation for their sacrifices and service. Thank you to the Piecemakers Quilt Club and Quilts of Honor for the beautiful quilts, and for sharing in this great event!



Activities, con't

Self-Watering Planters

Thanks to a donation from a resident's family, the Activities department was able to purchase self-watering garden boxes to be used by residents during the mystery garden club.



Volunteers

We're always looking for volunteers to help out in various Senior Services departments, including the Care Center, Memory Care, Home Care, Hospice and others. Some areas in which we need assistance are hospice, taking residents fishing and for rides, CNA test out days and more. If you're interested or would like to learn how you can help brighten the day of a resident or tenant, visit <https://www.lakewoodhealthsystem.com/patients-visitors/volunteering/> or email humanresources@lakewoodhealthsystem.com

Thanks to our volunteer, Wyatt, for taking time to visit and enjoy the weather with some of our residents!



Trishaw Rides

It's been a great summer for trishaw rides, and we are so grateful to everyone who has taken time to share the experience with our residents!



Activities, con't

Fan Favorites

Some fan favorite activities recently enjoyed by the residents are visits with Rue the dog, zoom ball with Tatum Rasinski, and whack a mole!



Dance, Dance, Dance!

Music General dancers came to the care center to dance for our residents. Activities staff member, Kevin Grondahl, was able to watch his granddaughter dance with her group. Thank you Music General dancers and parents for coming to visit and show off your passion and skills!



Recognition & Appreciation

New CNAs

Congratulations to the 2024 spring and summer CNA students!



Kendra Petersen, RN; Megan Habben, Samantha Rybaski; and Alyssa Cole, RN.



Front: Amy Michels; Marife Johnson; Elli Baker; and Kendra Petersen, RN.
Back: Tiffany Vorbeck; Kylee Wilson; Zaidie Trigueros; Ashley Wallgren, RN; and Kaylee Eckel.



Front: Makenna Anderson; Taylor Henry; Kiana Vertina; and Kendra Petersen, RN.
Back row: Ashley Wallgren, RN; Jacob Schmitz; Cameron Ganyo; and Kaylee Baker.

Thank You

Thank you for taking such good care of the residents in your care. Even if it's a challenge or they can't say it - they know that you care and they feel loved. It does not go unnoticed.

-Resident family member

You have great employees who are empathetic to their residents.

-Resident family member

STAR Awards: Service & Teamwork Award Recognition

The STAR program recognizes Lakewood Health System employees for outstanding performance in the delivery of service to internal and external customers. Employees are nominated by patients or staff members, and voted on by a group of employees who have been designated by their respective department.



Susie Horstmann
Activities



Sam Killian
Care Center



Emily Lundin
Assisted Living



Heather Marcyes
Home-Based Services

News & Events

WELCOME!

We would like to welcome all the new residents and tenants who have joined us at Lakewood Health System Care Center and assisted living! We look forward to getting to know you, and hope to see you participating in our daily activities.

IN MEMORY

We remember your loved ones who have been part of the Lakewood family. Thank you for giving us the opportunity to get to know your loved one. They touched our hearts, and will be remembered.

NEWSLETTER ONLINE

All Senior Living newsletters can be found on our website: lakewoodhealthsystem.com. Under the **Senior Living** tab, click on **View Documents** to download current and past editions of the newsletter.

our team

Chief Executive Officer

Lisa Bjerga

Vice President of Senior Services

Kathy Dobson

Senior Services Medical Director

Julie Benson, MD

Senior Services Advanced Practice Clinician

Amber Rasinski, FNP

Chief Medical Officer

Christine Albrecht, MD

Chief Finance Officer

Joe Reycraft

Assisted Living

Rhonda Ekholm, RN - Director

Home-Based Services

Deb Toth, RN - Director

Care Center Nursing

Ashley Wallgren, RN - Director

Quality Improvement

Jacque Bartczak, RN - Manager

Social Services

Amy Dummprope, LPN - Case manager

Barb Trantina, LPN - Case manager

Lindsay Kirk, MSW - Licensed social worker

Paul Johnson - Chaplain

Activities Coordinator

Melinda Fox

Business Office - Resident Accounts

Tracy Brand Esler

Michelle Lundquist

Nutrition Services

Bobbijo Rinas - Manager

Maintenance

Alan Schmidt - Senior campus supervisor

Environmental Services

Chris O'Brien - Director

monthly activities – care center

Each month we have music specials along with Elegant Dining that are not on here. Activities are subject to change.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Watch TV on TV Visiting Church @ 2:00 Card or Dice @ 4:00	Exercise @ 9:00 Catholic Communion with Jan @ 9:30 Mail Care @ 10:15 Mail Delivery 12:30-1:00 Bingo @ 1:30 Cards or Dice @ 4:00	Exercise @ 9:00 Golf Cart Rides/Men's Group @ 10:00 Mail Delivery 12:30-1:00 Church @ 2:00 Cards or Dice @ 4:00	Exercise @ 9:00 Trishaw Rides throughout the day. Bible Study @ 10:00 Mail Delivery 12:30-1:00 Rides and activity @ 2:00 Cards or Dice @ 4:00	Exercise @ 9:00 Golf Cart Rides @ 10:00 Mail Delivery 12:30-1:00 Bingo @ 1:30 Cards or Dice @ 4:00	Exercise @ 9:00 Mystery Garden Club or Story Time @ 10:00 Mail Delivery 12:30-1:00 Social @ 2:00 Cards or Dice @ 4:00	Exercise @ 9:00 Mail Delivery 12:30-1:00 Activity @ 1:15 Movie @ 2:00
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