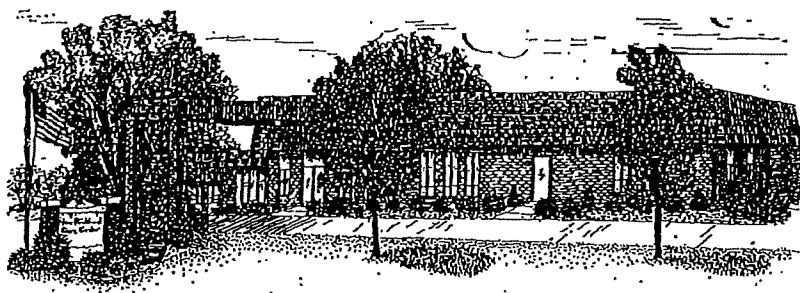


NEW RICHLAND CARE CENTER
P.O. BOX 477
NEW RICHLAND, MN 56072

*New Richland Care Center
Caring and Sharing since 1975*



OCTOBER~~2019

New Richland Care Center

October 2019 Newsletter

From The Desk of the Administrator

Administrator's musings:

We heard a few days ago that Mayo Clinic Health System in Mankato considers us, along with St. Peter, their two preferred nursing homes to refer to. Nice recognition for our staff's hard work.

On September 23rd the Board approved my budget for Oct '19 – Sep '20 so we will be moving forward with several projects during the coming fiscal year.

Capital projects for the year will include:

- Finish coating the last 1/3 of the roof. This roof coating process has been going on for last 2 years and will help with a few leaks.
- Repair the walk in freezer. This cooler was installed years ago and has been leaking chilled air for a while – the food has stayed at the appropriate temps but the power usage has been higher than it should be.
- We will be purchasing four resident room heating/cooling units using three right away and keeping the fourth as a spare.
- We will be purchasing two mini-split AC units one each for the 100 wing and 200 wing hallways. This will help the staff be cooler during summer heat.
- We will be remodeling the 100 wing shower/bath room similar to how we did the 200 wing shower/bath room this summer. Our Environmental Services staff do great work.
- We will complete our resident smoking area which is outside of the building to southeast. This will include a cement pad and a small structure.

Another big change we are implementing is having a part time driver, in addition to our activities staff, available to drive people to appointments both in New Richland and out of town as the schedule permits. Residents will be charged \$1.00/mile for out of town non-activity appointments. For example, a trip to Rochester at 66 miles each way would cost \$132. This will be much less expensive and probably more flexible than other available services.

We are accepting residents who are receiving dialysis treatments. Residents will be responsible for their own transportation to and from treatments but our van and new driver will be a backup transportation option for these residents and families.

We have applied to both Humana and VA (Veteran's Affairs) trying to become contracted with them. This is a work in process and hopefully we will have good news by next month.

Thank you to the resident families for trusting us with your loved ones and thank you staff for your hard work.

Chuck Ness, LNHA, MBA

ACTIVITY DEPARTMENT NEWS

By: *Kathy Flor, Activity Director*

We have had a great and busy summer in the Activity Department!! From providing game type activities, which include dice, word, trivia, and number games, to social time, exercise, religious services, special entertainment, manicures, sensory stimulation, 1-1 visits and bus outings, the department is busy. We enjoy organizing, planning and carrying out our scheduled activities and meeting each resident's individual needs.

One of our weekly highlights has been the bus outings. Our bus can accommodate 4 wheelchairs and there are 8 seats, each week we take a different group of residents. Our trips have included, rides in the country and stopping at the Dairy Queen for a treat, pontoon rides on St. Olaf Lake, riding in the Farm & City Days Parade, attending the Waseca County Fair, trip to Owatonna for a tour of the city, parks and flower gardens, and of course stopping at Culver's for a delicious ice cream treat.

The men were able to take a bus trip to a goat dairy farm outside of New Richland, a baby goat was brought onto the bus and we have been talking about that ever since!! Kristen provided samples of goat cheese for us to try. From the farm we made a stop at Budach Implement and Beaver Lake.

We can't forget the outing to the Indian Island Winery near Janesville. It was such a perfect day weather wise and the wine tasted so good, each resident was able to bring a wine glass home with them. A few bottles of wine were purchased to bring back to the Care Center and it was served at Supper Club. We plan to go on another outing to the winery in the future.

Then we were off to Walmart to do some shopping. One of the resident's commented how nice it was to pick out her own greeting cards and another stated it had been years since she had been in a store to shop. We are grateful to the volunteer that assisted with this outing. Next, we took trips to Albert Lea to go for a cruise on Albert Lea Lake on the Pelican Breeze. Three different trips were taken for this outing and 18 resident's relaxed and enjoyed being on the water. The captain and first mate provided safe and informational tours.

Thanks to Kyle, Paul and Brad, the residents were able to spend a morning fishing at Beaver Lake. It was a perfect day and the guys had fun dropping their line in the water and they did catch some fish!!

It warms our hearts to know how much these outings are enjoyed. We are working on trips to take in the fall harvest, a fall leaf tour, visit the Spam museum in Austin, MN, visit a casino, and we look forward to going for rides to see the Christmas lights.

The bus has been an awesome addition to our facility and we look forward to rides/outings for years to come!!



HUMAN RESOURCES

By: Tammy Busho

This month I would like to introduce Megan Kunz, Director of Nursing here at the Care Center. We've been on a search for a new one since April and we are very happy Megan is here. She lives in Mankato with her fiancé and their three children, two girls and baby boy born in January. Megan and her fiancé Fred will be getting married July 11th, 2020.

Megan attended Rasmussen College for her LPN and graduated in 2008. She continued her education with Presentation College where she completed her R.N. nursing degree in 2013. Megan has worked in the Hospice and Assisted Living settings before coming to NRCC. In her spare time she loves to bow hunt for turkey and deer, and in the summer fishing, kayaking, hiking, camping and travel.

Please stop by Megan's office if you haven't already met her and introduce yourself to her. She is really enjoying NRCC residents and staff. She feels fortunate to find such a great facility in a great little town in Southern MN.

New Employees this Month

Carrie Thompson – RN/Charge Nurse

Kathy Jones – C.N.A.

Kelly Knutson – C.N.A.

FOR YOUR INFORMATION!!

With the holidays fast approaching, we thought it would be appropriate to share the following policy with you.

New Richland Care Center—Private Party Policy

Policy: Resident families may schedule special parties by contacting the Care Center Activity Department.

Guidelines:

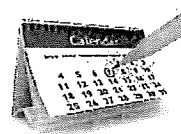
1. The 200 Hall Lounge, Activity Area, Sunroom or Chapel are areas that may be reserved if they are not planned to be in use by the Care Center. Staff will check the calendar in the copy room to check if the date is available, write the reservation on the calendar and print a sign to post near the door of the reserved area.
2. The Care Center can accommodate no more than 40 people for these special parties, depending on area reserved.
3. The Care Center will provide coffee only.
4. The family will provide their own food, dishes, and silverware.
5. Tables (three long tables are stored in the Chapel closet by the windows) and chairs will be available for use. The family will be responsible to arrange them and replace them as they were found.
6. The dividing walls are expected to be closed. (Staff will close and open the wall).
7. The family is responsible for cleaning up the area following the party.
8. Monetary donation for the use of the area will be accepted by the Resident Council.
9. Depending on the area reserved, at least 5 business days' notice is requested.
Minimum of 24 hour notice is preferred.

Social Services News

By: Penni Mueller

Family Gathering News: Wanted to share that we met on Tuesday, September 24, 2019, we did not have a specific program this evening we talked about what ideas we have for the upcoming year. Reminder we will be meeting in November, see below, then we will not be meeting over the winter. We are in need of speakers and interested topics from you as family members that you want to hear about. Please contact Penni or Kathy with any ideas. A couple have mentioned St. Croix Hospice with different topics, Al Batt, and Dr. Wilcox, our medical director on a medical topic of our choice. We want to thank everyone for attending throughout the year, we want to serve you and provide you with good information.

Mark your calendars next meeting!



Date: Tuesday, November 19, 2019

Time: 5:00 p.m.

Place: Chapel

Topic: 2020 Rates

Come join us for soup and a sandwich and hear about the new rates for 2020, this will be an informational meeting, come and ask questions.





NURSING DEPARTMENT NEWS

By: Ginger Mountin, Infection Preventionist

People 65 years and older are at a high risk of getting seriously ill from flu, due to weakening of the immune system that occurs with age. During most flu seasons, people 65 years and older bear the greatest burden of severe flu disease.

Influenza is caused by a virus. Symptoms of the flu include fever, chills, headache, sore throat, dry cough and muscle aches. The illness may last several days or a week or more and complete recovery is usual. However, complications may lead to pneumonia and death in some people. For the elderly and people with diabetes, heart, lung, or kidney disease, the flu may be particularly acute and may cause death.

This year, the flu vaccines have been updated to better match circulating flu virus. NRCC will be offering the "high dose" influenza vaccine which contains 4 times the amount of antigen as regular influenza. It is associated with a stronger immune response following vaccination. After receiving the vaccine, it takes about 2 weeks for it to be effective.

Most people have no side effects from the vaccine. However, tenderness at the site of injection may occur and last for several days. Some people also will have a slight fever, chills, headache and muscle aches within 48 hours of receiving the injection.

We are encouraging all residents and staff members to receive the flu vaccine, unless there is an allergy to eggs, an allergy to a component of the vaccine or has a history of Guillain-Barre Syndrome. Exact dates of the vaccinations will be communicated when the supplies are received.

OCTOBER STAFF ANNIVERSARIES

ONE YEAR

Elizabeth Gruenhagen

TWO YEARS

Brad Hartin, Dena Tangen-Herbst, Lisa Hovde

THREE YEARS

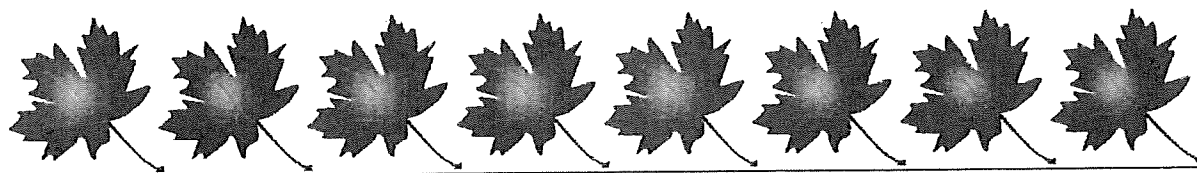
Amy Ferber

TWENTY-FOUR YEARS

Cheryl Herbst

Culinary News

October is upon us and we have started the new menu and look forward to serving and preparing it. I also get asked a lot about sodium and want to take this time to talk about it. The menus we serve are created by a team of Registered Dieticians who create a Regular NAS diet for us. What does NAS stand for? It simply means No Added Salt. All food is prepared from a natural state, for example real mashed potatoes. We enhance the natural flavor by using natural herbs such as garlic, basil, rosemary and anything we get such as herb seasoning all comes in sodium free. Any sodium used in products such as gravy are low sodium products that meet the criteria of our Regular NAS diet. Next month I will explain a Heart Healthy Diet. Have a good October.



www.newrichlandcarecenter.com

E-mail your resident at: ccresidents@hotmail.com

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Administrator: 507-417-4501-cness@nrcarecenter.com

Susan Reyerson, Business Office Manager: 507-417-4502-sreyerson@nrcarecenter.com

Penni Mueller, Social Services Director: 507-417-4503-pmueller@nrcarecenter.com

Kathy Flor, Activity Director: 507-417-4504-kflor@nrcarecenter.com

Gloria Steele, MDS Coordinator: 507-417-4506-gsteele@nrcarecenter.com

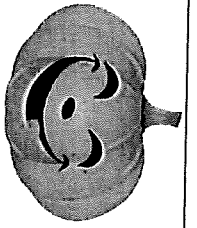
Megan Kunz, Director of Nursing: 507-417-4507-mkunz@nrcarecenter.com

Brad Hartin, Culinary Director: 507-417-4509-bhartin@nrcarecenter.com

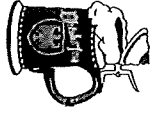
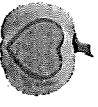
Kyle Parr, 100 Hall Nurse Manager: 507-417-4010-kparr@nrcarecenter.com

Tammy Krueger, 200 Hall Nurse Manager: 507-417-4010-tkrueger@nrcarecenter.com

Paul Reyerson, EVS Director: [507-465-3292 EXT. 307-preyerson@nrcarecenter.com](mailto:507-465-3292-EXT.307-preyerson@nrcarecenter.com)



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>10:00 Peace & Power Channel 7</p> <p>12:00 Vikings @ Giants</p> <p>2:00 Coffee Shop</p> <p>2:30 Card Bingo</p> <p>6:00 U.S. Trivia Bingo</p>	<p>9:30 Fitness Fun</p> <p>10:15 Dominos/YSL</p> <p>2:30 Food Committee</p> <p>Resident Council Meeting</p> <p>6:00 Grocery Game</p> <p>Twins play the Yankees TBD</p>	<p>1 9:00 Catholic Rosary</p> <p>10:15 Dominos/YSL</p> <p>2:30 7/UP</p> <p>6:00 Poker Dice</p>	<p>2 Dani's Beauty Shop</p> <p>9:00 Manicures/Movie</p> <p>1:00 Shopcart</p> <p>2:30 Entertainment w/ Duke Zacco</p> <p>6:00 6-5-4 Dice Game</p>	<p>3 Sandy's Beauty Shop</p> <p>9:30 Fitness Fun</p> <p>10:30 Monthly Comm./Worship Service/YSL</p> <p>2:30 Hangman</p> <p>6:00 Poker Dice</p>	<p>4 WORLD SMILE DAY</p> <p>9:00 Catholic Mass</p> <p>10:15 YSL</p> <p>Set-Up/Prep For Luncheon</p> <p>2:30 Bingo</p> <p>6:00 6-5-4 Dice Game</p> <p>6:07 Twins @ Yankees</p>	<p>5 AM Leisure Visits</p> <p>11:00-1:00 Luncheon/Silent Auction/White Elephant Sulf</p> <p>2:00-2:30 Coffee Social</p> <p>2:30 Treasure Hunt Game</p> <p>4:07 Twins @ Yankees</p> <p>6:00 Dice 1-6</p>
<p>13 10:00 Worship Service w/Congregational Church In the Chapel</p> <p>12:00 Vikings vs. Philadelphia</p> <p>2:00 Coffee Shop</p> <p>2:30 Card Bingo</p> <p>6:00 U.S. Trivia Bingo</p>	<p>14 9:30 Fitness Fun</p> <p>10:15 Dominos/YSL</p> <p>2:30 Name 10 Trivia</p> <p>6:00 Grocery Game</p>	<p>15 9:00 Catholic Communion/Rosary</p> <p>10:15 Dominos</p> <p>2:30 7/UP</p> <p>6:00 Poker Dice</p>	<p>16 Dani's Beauty Shop</p> <p>9:00 Manicures/Movie</p> <p>1:00 Shopcart</p> <p>2:30 Childhood Games</p> <p>6:00 6-5-4 Dice Game</p>	<p>17 Sandy's Beauty Shop</p> <p>9:30 Fitness Fun</p> <p>10:30 Worship Service w/Pastor Williams</p> <p>2:30 October Potpourri/Happy Hour</p> <p>6:00 Poker Dice</p>	<p>18 9:00 Catholic Mass</p> <p>10:00 Bible Study w/ Ron Bry</p> <p>2:30 Community Bingo</p> <p>6:00 6-5-4 Dice Game</p>	<p>19 AM Leisure Visits</p> <p>11:00 Fitness Fun</p> <p>2:00-2:30 Coffee/Social</p> <p>2:30 Treasure Hunt Game</p> <p>6:00 Dice 1-6</p>
<p>20 10:00 Peace & Power Channel 7</p> <p>12:00 Vikings @ Detroit</p> <p>2:00 Coffee Shop</p> <p>2:30 Card Bingo</p> <p>6:00 U.S. Trivia Bingo</p>	<p>21 9:30 Fitness Fun</p> <p>10:15 Dominos/YSL</p> <p>2:30 LCR Dice Game</p> <p>6:00 Grocery Game</p>	<p>22 9:00 Catholic Communion/Rosary</p> <p>10:15 Dominos/YSL</p> <p>2:30 Entertainment w/ Dee & Ann</p> <p>6:00 Poker Dice</p>	<p>23 Dani's Beauty Shop</p> <p>9:00 Manicures/Movie</p> <p>1:00 Shopcart</p> <p>2:30 Monthly Birthday Party/Ellendale Methodist</p> <p>6:00 6-5-4 Dice Game</p>	<p>24 Sandy's Beauty Shop</p> <p>9:30 Fitness Fun</p> <p>10:30 Worship Service w/Pastor Moisakross/YSL</p> <p>2:30 NRCC Choir</p> <p>Practice w/Gratia</p> <p>5:00 Supper Club</p> <p>6:00 Poker Dice</p> <p>7:20 Vikings vs. Washington</p>	<p>25 9:00 Catholic Mass</p> <p>10:00 Bible Study w/ Nadine Strenge</p> <p>10:15 YSL</p> <p>2:30 Bingo</p> <p>6:00 6-5-4 Dice Game</p>	<p>26 AM Leisure Visits</p> <p>11:00 Fitness Fun</p> <p>2:00-2:30 Coffee/Social</p> <p>2:30 Treasure Hunt Game</p> <p>6:00 Dice 1-6</p>
<p>27 10:00 Worship Service w/Congregational Church In the Chapel</p> <p>2:00 Coffee Shop</p> <p>2:30 Card Bingo</p> <p>6:00 U.S. Trivia Bingo</p>	<p>28 9:30 Fitness Fun</p> <p>10:15 Dominos/YSL</p> <p>2:30 Candy Bar Bingo</p> <p>6:00 Grocery Game</p>	<p>29 9:00 Catholic Communion/Rosary</p> <p>10:15 Dominos/YSL</p> <p>2:30 Halloween Bingo</p> <p>6:00 Poker Dice</p>	<p>30 Dani's Beauty Shop</p> <p>9:00 Manicures/Movie</p> <p>1:00 Shopcart</p> <p>2:30 Entertainment w/ Melissa Schultz</p> <p>6:00 6-5-4 Dice Game</p>	<p>31 FALL/WIEN</p> <p>Sandy's Beauty Shop</p> <p>9:00 Daycares Trick or Treating</p> <p>10:30 Worship Service w/Pastor Sliper/YSL</p> <p>2:30 NRCC Choir</p> <p>Practice w/Gratia</p> <p>5:00-7:00 Trick or Treaters Welcome</p>	<p><i>Small Groups ongoing Monday - Sunday Coffee at 2:00 unless otherwise noted. Nice Meeting Address P.O. Box 477</i></p>	<p><i>Send e-mail greetings to: cerasidians@lionmail.com Just put your family member's name in the subject line. We will print & deliver them</i></p>



OCTOBER 2019