

# Southview Acres

News & Information for our Residents and Families

Volume 1, Issue 2

April 2010

## New Director of Finance

We are pleased to announce that we have a new Director of Finance. Brian Johnson, CPA comes to Southview with some excellent education and experience in long term care and hospital accounting and finance. We hope to review and improve some of our business office practices while enhancing our customer service to Residents and Families. Please join me in welcoming Brian to our leadership team.

Tom Goeritz, Administrator

## Pastoral Care

Services are provided weekly and are held in the 3rd Floor Auditorium.

On Wednesdays, Services are led by St. Michael's Catholic Church. On the first Wednesday of each month there is Catholic Mass at 10:30am. The following Wednesdays there is Catholic Rosary at 10:30am.

Each Friday is an Ecumenical Service hosted by our local Churches at 10:30am. The Pastors come on a rotational basis and Residents here have a chance to meet many neighboring Pastors and church members from various congregations. All are welcome to attend services. We encourage church members to come on the day their pastor is here. Families are welcome to all services.



We are always happy to have volunteers to come be with the residents or to add their music or vocal talents during our services. Please join us!

### Sacrament of the Sick

June 2, 2010 at 10:00am.

Administered by Father O'Hotto of St. Michael's and several other priests. This will take place of Catholic Services that day.

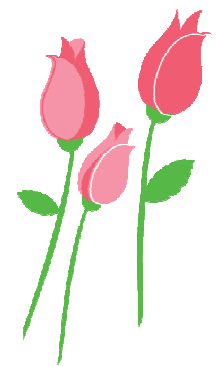
### BeFriender Program

We are beginning something new here at Southview Acres. It's called a "BeFriender Program". It is a chance to provide a caring, listening presence to the residents here. If you are interested in volunteering or need more information about any of our services, please contact Connie Koudela, Director of Pastoral Care at (651) 554-9530.



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## VOLUNTEER OPPORTUNITIES

### **Southview Acres Health Care Center**

2000 Oakdale Avenue  
West St. Paul, MN 55118  
Phone: 651-451-1821

#### The Therapeutic Recreation Team:

*I have had many positive experiences over the last year with the residents and wonderful staff. My departure from the facility as of the beginning of April to pursue another opportunity is undoubtedly in the hands of a wonderful team, and interim Director Jennifer Heesch.*

*Please welcome her in her new role as the interim Therapeutic Recreation Director, along side of her role on MCU. The team also has the tenure of Steve Rosa-1st floor Coordinator, Dave Ouzts-2nd floor coordinator, and our newest staff members as of December Lisa King-3rd floor coordinator, and last but not least: Cora who enjoys providing her abilities as a music therapist to many throughout the building!*

Melissa Williams

#### **Gardening Program!**



*April showers bring-May flowers! We are excited to begin the gardening program where residents will be involved in planting and growing a variety of plants and flowers! Watch for the upcoming plant sale in late May/early June.*

Would you like to spend time with others in the facility? Maybe you would like to be a part of one of our upcoming events, programs, or activities! Whatever your interests we would love to speak with you about becoming involved at Southview! For volunteer information, please contact Jennifer Heesch at (651)554-9521 or pick up a volunteer application at the 1st Floor Reception Desk.

### **DONATIONS:**

Our residents benefit from the donations of others! If you are interested in helping through donations of new or gently used items, we would utilize the following:

- Radio/CD/Tape players, and walkmans—often used in resident rooms and lent to residents
- Games-board games, cribbage boards, handheld electronic games with all parts and pieces in tact
- Cards-decks of playing cards or card games
- Puzzles, puzzle savers
- Stationary & Cards-stationary supplies for writing letters and notes, greeting cards for the residents cards

- Reading Materials: material (especially large print),
- Baking/Cooking Supplies
- Musical Instruments: Piano—we are looking to replace 2 piano's. If you have a piano in good working order to donate, please call and let us know, we would love to speak to you!

We would like to thank those of you who have graciously donated to our facility and programs. We accept donations in the activity office or activity center on the 2nd floor. You may also leave donations with the 1st Floor Receptionist. If you have questions or ideas for the Therapeutic Recreation Department, volunteering or donations, please contact Jennifer Heesch, Director of Therapeutic Recreation at (651)554-9521

### **Evening Programs now available!**

**We have begun offering wonderful evening programs!**

**Monday 7:00 pm-Join the resident Jug band!**

**Tuesday 7:00pm-Sing -along with Steve**

**Friday 7:00 pm-High Stakes Bingo**

**All evening programs are held in the 3rd floor auditorium unless otherwise noted.**

**\*\*Mark you calendar! Southview Acres Annual Carnival is coming Friday, July 16th.\*\***



## Therapeutic Recreation News & Events

**Look for the monthly activity calendars on the web at [www.southviewacres.com](http://www.southviewacres.com)**

### **Coming up for April:**

Heritage Middle School: **Wednesday, April 7th 1:45-** Students will be spending the afternoon playing games with residents.

Music Makers Spring Live Show: **Tuesday, April 13th 2:45 pm** in the 2nd floor dining room. All are welcome to enjoy this special musical entertainment!

Firespice Live Entertainment-**Saturday, April 24th 2:30 pm** in the 2nd floor dining room. Get ready to move and groove to a wide variety of music!

D -Alta Jewelry Sale-**Friday, April 23rd 12-4pm** 2nd floor by the bird aviary. Come browse the wide selection of jewelry presented by D-Alta! Great affordable jewelry for gifts or yourself!

**After you are done dyeing those Easter eggs, keep us in mind. We would like egg cartons for our upcoming gardening program. Please drop off egg cartons in the activity center or at the first floor reception desk.**

### **Just around the corner in May:**

Mother's Day Celebrations: **Friday, May 7th 2:30 pm.** Calling all Mom's! You are invited to a special Mother's Day Celebration. This year, celebrations will be held on each unit. A decadent dessert and coffee will be served. Families who are interested in attending, **please RSVP to Jennifer Heesch at 651-554-9521.**

Nursing Home Week is coming up May 9th-15th! This year's celebration is themed "Enriching Every Day" Look for postings of special events that will take place throughout the week. Make sure to come join in on the fun!

Lynn Brownell: **Saturday, May 15th 2:30 pm** in the 2nd floor dining room. Lynn is a live performer that will be here to tantalize us with her piano skills and vocals with patriotic songs to honor Armed Forces Day.

### **A look into June:**

Father's Day Celebration: **Friday, June 18th 2:30 pm.** Come celebrate all out Father's with a special BBQ in the courtyard. Postings and flyers will be sent out with more information.

Karaoke Show! **Saturday, June 26th 2:30 pm** in the 2nd floor dining room Join Steve from Therapeutic Recreation for a fun afternoon of karaoke music with all your favorite tunes!

### **Monthly Events:**

Birthday Parties are celebrated each Month to recognize all of those who have birthdays that coincide with each month. Birthday parties are held for each individual unit generally on a Thursday afternoon. Invitations to families are sent out for residents celebrating a birthday for the month.

Men's Club: All men are invited to celebrate monthly with special gatherings just for the guys! Wide range of activities are held and the group meets 1x monthly on the last Tuesday of each month at 2:30 in the auditorium.

Red Hat: Always accepting new Red Hat members to join Southview's own Red Hat Rascals! Monthly events are chosen by the Red Hat group. Always social, always fun, a wonderful way to connect with other residents! Red Hat is held the 3rd Tuesday of each month at 2:30 pm.



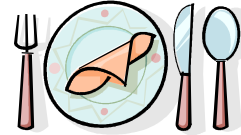
### Laundry Reminder:

Hello Everyone!

It's springtime again. If you bring new clothing in for your family member, please drop them off in the laundry room or at the nurses stations for the laundry department to label. Also, if your family members closet is full you may need to take the off season clothing home to store. Spring is a good time to weed out those closets.

Rose Turso, Environmental Services Director

### Dietary News



The dietary department will be changing over from the 4 week fall and winter menu cycle to the 4 week spring and summer cycle menu. The residents attended the resident council meeting and participated in offering suggestions to add to their daily menus. They included watermelon, cantaloupe, strawberries, and fresh grapes. Spring/summer is an exciting time to enjoy fresh fruits and vegetables, not to mention their wonderful nutritional value!

Mary Dinger, Dietary Director

### Maintenance News

We have been in the process of upgrading our elevators. The work began in January and was completed at the end of March. The elevators were originally installed when that section opened in 1973. The elevator codes went through some major changes a couple of years ago and our elevators did not meet the current code. Besides having brand new equipment we will now meet all the current codes and the new elevators should be a little quicker in both travel and response times.

We will also be getting new carpet in 3 East and Memory Care over the next month.

Pete Behm, Maintenance Supervisor

### Have you heard about Family Council?

Do you have a living will or health care directive? Does your loved one have an advanced directive? Please join us on **April 28th at 4:00pm** to learn more about advanced directives. Asera Care Home Health will be meeting with families to discuss what these documents are, learn more about the benefits of having one, and discuss what a healthcare agent does. In addition, we'll discuss how to talk about living wills and advance directives with your loved ones and answer any questions you may have. We look forward to seeing you! There are meetings held throughout the year encouraging family members to participate and gain education on a variety of topics. For more information, please see the family council announcements posted around the building when you visit, or call us at 651-554-9518.

Patrice Speltz, Director of Social Services