

Southview Acres

News & Information for our Residents and Families

Volume 1, Issue 5

A word from our Administrator:

By: Tom Goeritz

Southview Acres Health Care Center is pleased to announce that we will implement our new "Resident Choice Meal Plan" on October 4, 2010. We have been discussing this with Residents and planning for this transition for over a year.

We feel it fits with our philosophy of Resident Centered Care.

We are aware that food and meal times drive everything that happens in a facility. You will see and experience some changes when events or programs are scheduled. How will this affect the residents and families at Southview?

-Meal times will change

Continental Breakfast available when Residents wake-up from

7 a.m.—9 a.m.

10:30 a.m. Brunch

2:00 p.m. Snack

4:30 p.m. Dinner

7:00 p.m. Evening Snack

-Residents will be able to sleep, eat and rise when they want.

-Activities and church service times may change to better meet each resident's schedule.

-Care conference times will also change as all staff will be involved in assisting during with brunch and dinner meals. As changes occur, we will communicate these to you. Thank you.

MAINTENANCE DEPARTMENT: An exciting change for us is the remodeling of our 3-S Wing. Resident room redecorating is continuing. Window replacement is almost complete and rooms are starting to be painted. In response of our customers needs we will be expanding our TCU (Transitional Care Unit) beds. The wing that is now Memory Care will move to the remodeled 3-S Wing. We are currently reviewing contractors for the remainder of the work needed for the 3-S Wing to convert over to Memory Care. This new area will include a new sensory room and more private rooms.

We have purchased equipment and have started wiring for video cameras for the facility. These will be monitoring the main entrances to the building.—Pete Behm, Maintenance Director

October 2010



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Therapeutic Recreation Special Events to look forward to!

OCTOBER

- October 7th, 2010 Art of Aging Project from 12 pm to 3:30 pm in the 3rd Fl Auditorium
- October 7th, 2010 1st Fl Birthday Party at 2 pm in the 1st Fl Day Room
- October 14th, 2010 Knights of Columbus/Music at 7:00 in the 2nd Fl Dining Room
- October 14th, 2010 2nd Fl Birthday Party at 2:30 pm in the 2nd Fl Day Room
- October 18th, 2010 Resident Council at 1 pm in the 3rd Fl Auditorium
- October 19th, 2010 Red Hats at 2 pm in the 3rd Fl Auditorium
- October 21st, 2010 3rd Fl Birthday Party at 1:30 pm in the 3rd Fl Day Room
- October 21st, 2010 MCU Birthday Party at 2 pm in the MCU Dining Room
- October 25th, 2010 D'Alta Jewelry from 12 pm to 4 pm in the 3rd Fl Auditorium
- October 26th, 2010 Men's Club at 2 pm in the 3rd Fl Auditorium
- October 29th, 2010 Trail of Terror from 10:30 am to 1:30 pm in the 2nd Fl Activity Center



NOVEMBER

- November 4th, 2010 1st Fl Birthday Party at 2 pm in the 1st Fl Day Room
- November 11th, 2010 2nd Fl Birthday Party at 2:30 pm in the 2nd Fl Day Room
- November 18th, 2010 3rd Fl Birthday Party at 1:30 pm in the 3rd Fl Day Room
- November 18th, 2010 MCU Birthday Party at 2 pm in the MCU Dining Room
- November 22nd, 2010 Resident Council at 1 pm in the 3rd Fl Auditorium
- November 23rd, 2010 Red Hats at 2 pm in the 3rd Fl Auditorium
- November 24th, 2010 Thanksgiving Harvest on individual units at 2 pm. Please look for postings.
- November 26th, 2010 Giving Trees will be going up this day. Please look for postings on how to participate.
- November 30th, 2010 Men's Club at 2 pm in the 3rd Fl Auditorium



DECEMBER

- December 1st, 2010 Decorating Day for Christmas
- December 2nd, 2010 Decorating Day for Christmas
- December 9th, 2010 Holiday Bazaar at 10 am-3 pm in the 3rd Fl Auditorium
- December 20th, 2010 MCU Christmas Party at 1:30 pm
- December 21st, 2010 1st Fl Christmas Party at 1:30 pm
- December 22nd, 2010 2nd Fl Christmas Party at 1:30 pm
- December 23rd, 2010 3rd Fl Christmas Party at 1:30 pm
- December 31st, 2010 New Year's Party at 1:30 pm in the 2nd Fl Dining Room



ACTIVITY CORNER NEWS:

Girl Scout Troop 50499 is going for their gold star. They have agreed to make rolling and stationary gardens for our residents to garden in while sitting in their wheelchairs or chairs. Those gardens should be ready before January. Below is a small picture of what a rolling garden looks like:



Art of Aging Program is being offered to twenty of our residents. This is a special program which will start late September and go until two weeks into October. A professional artist spends four days at Southview Acres in the next few weeks. She will provide a kind of “in-house” arts camp for the residents that were chosen for this. The artist that Southview Acres chose was Anne Krocak. Residents will learn about each other, clay and glazes while creating their own personal symbolic tile or sculpture. They will start thinking about their lives and moments of importance. They will generate a number of ideas and images as a group. They will encourage the flow of ideas through music. Ceramics is a fun, engaging medium that allows residents to express something personal and unique with each step.

SOUTHVIEW ACRES HEALTH CARE CENTER—INFECTION CONTROL

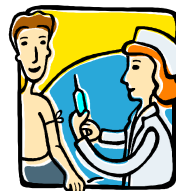
Fall is in the air and with it comes time to start thinking about flu season again. Our flu vaccine has been ordered and should arrive soon. One of the most important things to help stop the spread of flu virus is get a flu shot. All people over 6 months of age should be vaccinated. Vaccination is especially important for high risk people, such as the elderly, health care workers, pregnant women and those who have other health problems. We will be offering vaccines to all residents and staff as soon as it arrives. Signs will be posted to let people know when and where to receive their flu vaccine.

In the meantime we will increase our efforts to disinfect all “hot spots”. These are frequently touched areas such as doorknobs, countertops, railings and telephones. We can also help stop the spread of flu (and other) germs by covering our coughs and sneezes with our sleeves, throwing used tissues in proper trash receptacles and washing our hands often with soap and water.

If you come down with a flu-like illness, please do not visit or come to work here at Southview Acres. Our residents are especially vulnerable to becoming ill and we want to make every effort to keep them well. The symptoms of flu-like illness could include fever, cough, sore throat, chills, muscle aches and fatigue. If you develop these symptoms, you should call your doctor for further instructions.

Here’s wishing everyone a healthy fall and winter season. Remember, we can all help prevent the spread of the flu virus by following these simple steps:

- Get your flu shot
- Cover your coughs/sneezes with your sleeve
- Throw your used tissues in the trash
- Wash your hands often with soap and water-use hand sanitizer as well
- Disinfect hot spots often
- Stay home if you are sick



Debra Griffis, RN

Infection Control

VOLUNTEER OPPORTUNITIES

Would you like to spend time with others in the facility? Maybe you would like to be a part of our events and 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.

Anyone interested in helping escort residents to and from church services on Wednesdays and Fridays, or any who are interested in the BeFriender Ministry please call Connie (Pastoral Care Department) at 651-554-9530.

HEALTH INFORMATION MANAGEMENT

We are pleased to announce some exciting changes at Southview Acres Health Care Center in the coming weeks.

- Implementation of the MDS 3.0—a CMS mandated assessment tool rolls out October 1st, 2010.
- Implementation of Emar/Etar (electronic medication and treatments) roll out as the next module in our electronic medical record. We anticipate that physicians will be able to access and order medications and treatments online approximately 30-60 days post implementation of this module which rolls out October 13, 2010.

Jody Sandberg, Director of Health Information Management



19TH ANNUAL HOLIDAY CRAFT BAZAAR

THURSDAY, DECEMBER 9TH 10 A.M.- 3 P.M.

ANYONE INTERESTED IN PURCHASING A CRAFT TABLE FOR THE 19TH ANNUAL HOLIDAY CRAFT BAZAAR PLEASE CONTACT JENNIFER HEESCH, ACTIVITY DIRECTOR AT

651-554-9521

PASTORAL CARE

Happy Autumn-

With this change in season comes other changes as well

As of October 4th, 2010 pastoral church times have changed as follows:

All church services on Wednesdays and Fridays have moved to **NOON**. Catholic Mass is the first Wednesday of every month and the remaining Wednesdays are Catholic Rosary. All services are held in the 3rd floor auditorium.

Wednesday, December 1, 2010 at 1 pm-Sacrament of the Sick in resident's rooms for those residents who wish to receive this sacrament.

Wednesday, December 22, 2010 at 12 pm-The pastor of St. Michael's Catholic Church, Father Ken O'Hotto, will celebrate catholic mass for the residents and for any and all family members who wish to attend.

Friday, December 24, 2010 at 12 pm-The First Presbyterian Church of South St. Paul will lead the congregation in this festive and holy celebration. Reverend Katie Estis-Collins and Reverend Tom Watson will conduct this service.

A special note: A wonderful group of individuals responded to the call to begin a BeFriender Ministry here at Southview Acres. They have completed their training and have been involved in getting to know residents participating in meetings with the other BeFrienders and their trainer. They are getting ready for their commissioning here at Southview Acres in December.

HOUSEKEEPING

PLEASE WELCOME ISABEL FLORES-GANLEY. She is a new housekeeper that works on TCU and MCU. When you see her please welcome her to Southview Acres. She is a great addition to our team!!!!



NEWSLETTER BY JENNIFER HEESCH, ACTIVITY DIRECTOR. QUESTIONS REGARDING THIS ISSUE PLEASE CALL 651-554-9521