

## From Your Administrator By Kim Pederson



### Elvis was back in the building!

National Nursing Home Week was May 9 – May 15, 2021. My amazing team planned a number of special meals and events for both the residents and employees of Park River Estates. I was out-of-town for part of the week, but enjoyed seeing updates on the PRECC Facebook page. Seeing staff dancing with our residents and going outside for the tree-planting and prayers were day brighteners. I returned to work and had the opportunity to join the residents for some fun with “Elvis” on Friday, May 14<sup>th</sup>. As I stood at the back of the room watching Elvis perform, I became overwhelmed with emotion. The residents were beaming – singing along to the familiar tunes – and enjoying this slice of “normal” so much! I know we still have challenges ahead, but we are headed in the right direction! It’s been a long year (+), but we can’t forget how far we’ve come.

Our chaplain, hairdresser, dentist, audiologist and eye care professionals are all back in the building. Family members and friends can schedule 2 to 4 hour visits with our residents indoors and warm weather is finally here to help with getting our residents outdoors for greater visitation opportunities. Entertainers are back in the building bringing music and joy to all of us. Small things each day remind us that we are turning the corner in this pandemic.

I want to extend my thanks to all of you for your patience and support.

Kim Pederson, Administrator

# June Birthdays

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Alfonso P	June 5 <sup>th</sup>
Sheilah E.	June 20 <sup>th</sup>
Del T .	June 21 <sup>st</sup>
Char R.	June 24 <sup>th</sup>
Elvie R.	June 25 <sup>th</sup>
Cleet S.	June 26 <sup>th</sup>
Bob P.	June 28 <sup>th</sup>
Eileen J.	June 29 <sup>th</sup>

YOU ARE  
MY  
SUNSHINE  
MY ONLY  
SUNSHINE

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Keep up to date with events & news on our website!

Follow our Blog with the link below

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

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## Resident Council Monthly Meeting

Resident Council Meeting: Tuesday, May 11<sup>th</sup>,  
2021 3:00 p.m.

Those Present: Eloise G., Twyla R., Theresa L.,  
Bonnie S., Char R., Eileen J., Donna K., Suzanne L.,  
Edith I., Martha T. & Emma Lund., LSW

The pledge of Allegiance was stated, and Resident  
right "Information and Communication" was read.

Old Business: No old business.

New Business: Council members were informed on  
the difference between indoor visits and outdoor  
visits. Residents were excited to know that outdoor  
visits include children and pet visits! Residents  
enjoyed National Nursing Home Week. They loved  
the idea of a tree and bench in memory of the  
residents we lost to COVID-19. The Council was  
reminded of the location of the Ombudsman  
information outside of the Social Services office.

Safety Concerns: None stated.

Meeting was adjourned.

The next meeting is scheduled for Tuesday, June  
8<sup>th</sup>, 2021 at 3:00 p.m. in the Welcome Room.

YOU  
MAKE ME  
HAPPY  
WHEN  
SKIES  
ARE GRAY



### Mind, Body & Soul Workout

Starting on June 1<sup>st</sup>, we are making a slight change to our activity calendars. You will see on your calendars that we are starting a new daily activity at 11:15 called “Mind, Body, & Soul Workout.” This will combine both Morning Motivations and Exercise Group together. It is a perfect way to go energize and “awaken” your mind, body and soul for the day. It will begin with deep breathing and stretching, followed by exercises and ending with a positive affirmation. Start your day off right and join us for a full body workout of our Mind, Body & Soul!

### How Hot is Too Hot?

Every year there are reports around the country about seniors and injuries from over exposure to heat/sun. Our resident’s safety is our number one priority and we need to make sure that we don’t put their health at risk when they are outdoors. Many common medications that our residents take have side effects that cause sensitivity to sun/heat. Also, extreme heat can cause dehydration and heat stroke at a higher rate for seniors. If it is too hot outside it is not safe for residents. So how hot is too hot for our residents to be outdoors? If the actual temperature and/or “real feel” is above 90 degrees, it is not safe for our residents to be outdoors. Also, we recommend that residents protect their skin with sunscreen when they are in direct sunlight. We have sunscreen in the Therapeutic Recreation Department that is available for residents to use. Thank you for understanding that our resident’s safety is our number one priority.

## Nifty Fifties Word Search

Find the part of these famous fifties personalities names that are in **BOLD**!

B E R R Y L L O H P  
A L K I K N T J A A  
L V R S C S O G N R  
L I A S I E E T I K  
E S L E R W U B D S  
L C C F E O J N O L  
T F I L C O C T Y U  
N T N A E D R K A A  
A P N I R A D I D P  
M E V E R L Y M C A

Paul Anka	Pat Boone
Lucille Ball	Dick Clark
Chuck Berry	Doris Day
Tony Curtis	Bobby Darin
James Dean	Buddy Holly
Ricky Nelson	Rock Hudson
Mickey Mantle	Rosa Parks
Kim Novak	Patti Page
Elvis Presley	Natalie Wood
Montgomery Clift	Joe DiMaggio



If you have  
the power to  
make someone  
happy, do it.  
the world  
needs more  
of that.

## Chaplain's Corner

### Peanut Butter—Love it!

Add peanut butter to your diet as a quick protein staple instead of meat. Spread it on your toast for breakfast, eat it with soda crackers for an afternoon snack, enjoy a peanut butter cookie, or have a classic peanut butter and jelly sandwich before bed! It fills you up and satisfies!!

According to Wikipedia, The United States is a leading exporter of peanut butter and one of the largest consumers of peanut butter annually per capita. In years past when it wasn't so available overseas, missionaries requested family and friends to send them peanut butter from home.

How did peanut butter come about? George Washington Carver discovered ways of using peanuts. As a prominent African American chemist, he promoted alternative crops to soil-depleting cotton, such as the peanut, soybean, pecan, and sweet potato. He discovered ways to use peanuts which contributed to keeping the South afloat economically when cotton crops were destroyed by the boll weevil.

When asked to speak before the U.S. House Ways and Means Committee in 1921, Carver was asked:

“Dr. Carver, how did you learn all of these things?”

Carver answered: “From an old book.”

“What book?”

Carver replied, “The Bible.”

The Senator inquired, “Does the Bible tell about peanuts?”

“No, sir,” Dr. Carver replied, “but it tells about the God who made the peanut. I asked Him to show me what to do with the peanut, and He did.” (Lee, Dr. Richard G. *In God We Still Trust*, Thomas Nelson, Inc. 2009, 88.) God is still speaking, answering prayers, and giving people wisdom. We need only ask. “*Send me your light and your faithful care, let them lead me*” (Psalm 43:3).

+ Pastor Sherree Lane, chaplain

## Back to the Fifties Trivia!

- 1 During what year did California's Disneyland first open?
2. Who did Marilyn Monroe marry in 1954?
3. Who is credited for developing the first Polio vaccine in 1953?
4. Who is said to have first used The term "Rock N Roll" in 1951?
5. Which company first introduced "TV Dinners" in 1954?
6. Which American civil rights leader refused to give up her seat in 1955?
7. Which popular entertainer was inducted into the US army in 1958?
8. In what year did the Dennis the Menace comic strip appears in newspapers across the U.S. for the first time?
9. Which two men were introduced as NASA's first astronauts in 1959?
10. Which actress married Prince Ranier of Monaco in 1956?
11. Which popular fast food chain restaurant was first opened in 1955?
12. Which Japanese car manufacturer started selling cars in the USA in 1957?
13. What year were the first color television pictures broadcast from Empire State Building?
14. Which Wisconsin Senator was censured in 1954 after his seeking out Communists in the US government?
15. In what year were the words "Under God" added to the USA Pledge of Allegiance?

### Answer Key:

- |                                      |                 |                     |               |
|--------------------------------------|-----------------|---------------------|---------------|
| 1. 1955                              | 2. Joe DiMaggio | 3. Jonas Salk       | 4. Alan Freed |
| 5. Swanson                           | 6. Rosa Parks   | 7. Elvis Presley    | 8. 1951       |
| 9. John Glenn Jr. & Alan Shepard Jr. |                 | 10. Grace Kelly     | 11. McDonalds |
| 12. Toyota                           | 13. 1951        | 14. Joseph McCarthy | 15. 1954      |

## 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 Environmental Services.... Becky Sutton  
Dir. of Finance..... Marti Bullock  
Dir. of Health Information..... Pam Carpentier  
Dir. of Maintenance..... Kurt Becker  
Dir. of Nursing..... Valorie Derby  
Dir. of Rehabilitation..... Dawn Brotten  
Dir. of Social Services..... Chris Neely  
Dir. of Staff Development..... Sue Sellner  
Dir. of Therapeutic Recreation..... Linnea Maki