



Dates to Remember

February 5th - King & Queen of Hearts Coronation

February 14th - Valentine's Day

February 17th - Ash Wednesday

From Your Administrator By Kim Pederson

Second Vaccine Opportunity in February

Our second vaccine clinic for staff and residents will be held on Feb. 11 from 11:00 a.m. to 5:00 p.m. A first round vaccine will be offered to those who did not participate in January. Their second vaccine would then be given at our final clinic on March 11, 2021. A new consent form is required for 2/11 – whether getting a first or second shot. You will be hearing from one of our team in the coming days regarding this consent.

Following the first vaccine in January, some staff and residents reported mild symptoms – aches, chills, and low-grade fever. There were no allergic or other serious reactions among anyone who received the vaccine at PRECC.

At this point, the Minnesota Department of Health has not provided any change in guidance regarding precautions. Staff will continue to wear masks and eye protection at all times. Residents will continue to wear source control masks. I will promptly update you on any changes as I become aware of them. Meanwhile, I encourage you to go to this link for updated guidance regarding non-medically necessary outings for you/your loved ones: [Long-term Care Guidance for Non-medically Necessary Outings \(state.mn.us\)](https://www.state.mn.us)

The canvas enclosure for our outdoor visiting area was installed yesterday. We are testing heat sources to see how comfortable we can make it for use now. In addition, as long as we continue to have no positive staff or residents within a minimum of a 14-day window, we will be announcing our plan for indoor visits as soon as we have completed our second vaccine clinic.

I welcome any questions you may have about the information provided. Thank you for your continued support!

Kim Pederson, Administrator
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February Birthdays

Pat C.
Martha T.

February 8th
February 17th



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Resident Council Monthly Meeting

Resident Council Meeting: Tuesday January 12th,
2021 3:00 p.m.

Those Present: President Eileen J., Martha T., Eloise G., Theresa L., Marie E., Doris D., Edith I., Twyla R., Char R., Cleet S. and Emma Krebsbach, LSW

The meeting was called to order and the Pledge of Allegiance was stated. The minutes from last month were read. Emma read Resident Right “Choice of Attending Physician” and informed members of the Ombudsman information located outside the Social Services office.

Old Business: No old business.

New Business: Members would like to thank staff for decorating for Christmas and their party. A member stated, “it was a real festive time and it was amazing!”

They also wanted to thank PRECC for placing bird feeders outside the windows.

Members are anxious and looking to getting vaccinated for COVID-19. Emma informed them of the dates for the 1st & 2nd dose.

Safety Concerns: No Safety concerns stated.

The next meeting is scheduled for Tuesday, February 11th, 2021 at 3:00 p.m. in the Welcome Room.



Love is in the air

King & Queen of Hearts Coronation

It is time to crown our 2021 Royal Court! One male & one female resident will be selected by popular vote to reign for the year as the King & Queen of Park River Estates. The runners up will be crowned as our Prince & Princess. The coronation will take place on Friday, February 5th @ 2:00 in the Chapel. To celebrate our newly crowned royalty, we will be serving cocktails, treats and have music with Chaplain Sherree. Voting ballots are located at the front desk. Voting closes at noon on February 4th.

For the Royal Occasion

In anticipation of the crowning of our 2021 Royal Court, we will be serving a special noon meal on February 5th. Heidi, our Culinary Director will be grilling for all residents & staff! The menu is as follows:

*Grilled Rib Eye Steak
Twice Baked Potato
Seasoned Vegetables
Royal Red Velvet Cake*

Ash Wednesday Service

Chaplain Sherree will hold an interdenominational Ash Wednesday Service on February 17th. All residents & staff are welcome to attend! The service will be at 2:00 in the Chapel.

Famous Couples Answer Key: (answers from match up on page 5)

- | | |
|--------------------|------------------------|
| 1. Cher | II. Priscilla Presley |
| 2. Ginger Rogers | 12. Goldie Hawn |
| 3. Guinevere | 13. Katharine Hepburn |
| 4. Psyche | 14. Jenny Gump |
| 5. Bonnie Parker | 15. Coretta Scott King |
| 6. Nancy Reagan | 16. Kate Middleton |
| 7. Yoko Ono | 17. Elizabeth Taylor |
| 8. Scarlett O'Hara | 18. Grace Kelly |
| 9. Marilyn Monroe | 19. Minnie Mouse |
| 10. Lucille Ball | 20. Meghan Markle |



Chaplain's Corner

Chocolate—how can one live without it? It's a necessity!!

We equate chocolates with Valentine's day and the red Russell Stover heart boxes filled with delicious smooth chocolate treats. Chocolate has its own benefits so certainly we can enjoy it in moderation!! It increases energy, elevates mood, makes one feel good, **and** dark chocolate even benefits heart health!!

Recently, my niece and I put chocolate chips in our oatmeal (Yummy!), and noticed the chips were very tiny. I expressed surprise that the package nowhere listed these were mini chocolate chips. The small print described them as semi-sweet chocolate morsels but why didn't it say they were tiny? My niece said, "It's written right on the package!" Sure enough, in LARGE white letters there it was- "**Minis!**" How did I not notice what was in front of my eyes?!

It caused me to ponder, perhaps we overlook the blessings right in front of our eyes as we get distracted elsewhere. Have the troubles and agitations of our world occupied our attention so entirely that they block our vision from seeing the benefits right in front of us? Is there nothing for which to be grateful?

Do I really notice the kindness of family members, friends and care givers? Are there activities to enjoy during this season? Are there spiritual services onsite to take advantage of? We can 'shout it out' for the additional minutes of sunlight we are gaining each day!! And, there's a roof over our heads and food on the table! What a reminder to notice what is staring us in the face.

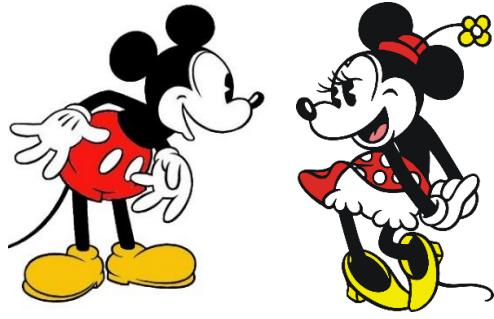
The author of Psalm 103, David, wrote to remind of this very thing. We often forget what God has done for us.

*Praise the Lord, my soul; all my inmost being, praise his holy name.
Praise the Lord, my soul, and forget not all his benefits...*

David then lists what God has provided for us: forgiveness (He doesn't treat us as we deserve), satisfaction, fatherly compassion, great love, and more. Maybe read Psalm 103, and hopefully, you won't miss the obvious blessings staring you in the face as I did!! Enjoy some delectable chocolates this Valentine's Day!

With love and appreciation for you in my life,

Pastor Sherree Lane, chaplain



Famous Couples Match Up!

- | | |
|----------------------------------|-----------|
| 1. Sonny _____ | Scarlett |
| 2. Fred Astire _____ | Coretta |
| 3. Sir Lancelot _____ | Katharine |
| 4. Cupid _____ | Goldie |
| 5. Clyde _____ | Jenny |
| 6. Ronald Reagan _____ | Priscilla |
| 7. John Lennon _____ | Guinevere |
| 8. Rhett Butler _____ | Minnie |
| 9. Joe DiMaggio _____ | Lucille |
| 10. Desi Arnaz _____ | Kate |
| 11. Elvis Presley _____ | Elizabeth |
| 12. Kurt Russel _____ | Psyche |
| 13. Spencer Tracy _____ | Meghan |
| 14. Forrest Gump _____ | Grace |
| 15. Martin Luther King Jr. _____ | Nancy |
| 16. Prince William _____ | Cher |
| 17. Richard Burton _____ | Marilyn |
| 18. Prince Rainier _____ | Yoko |
| 19. Mickey Mouse _____ | Ginger |
| 20. Prince Harry _____ | Bonnie |

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

