

# November 2019

## Dates to Remember

November 3<sup>rd</sup> - Daylight Savings

November 7<sup>th</sup> - Annual Live  
Auction Fundraiser

November 11<sup>th</sup> - Veteran's Day

November 28<sup>th</sup> - Thanksgiving



## From Your Administrator By Tom Pollock

### Fire Drills; What do you do?

We have an Emergency Preparedness Plan to keep everyone safe. Some drills that we have completed are for snowstorms, power outages, water supply being cut off, and tornadoes.

The purpose of our drills is to practice what our plan is and to see if it works or if it needs to be revised.

Now, what can you do as a resident/patient/visitor? FOLLOW THE DIRECTIONS OF OUR STAFF. For instance, if the fire alarms go off, is there a fire or is it a drill. Our plan goes into action to keep everyone safe. This may mean that you will be asked to move to an area behind fire doors or to remain where you are with the door closed. Smoke is the number one killer in a fire. NEVER pass through closed fire doors unless you are directed to do so. You may be moving towards the fire and placing yourself and others in danger.

We have an acronym, R.A.C.E. It stands for: Rescue (anyone in the immediate area), Alert (announce where the fire is and to pull the alarm), Confine (close the door to the area the fire is to confine the fire), Extinguish/Evacuate (extinguish the fire if small, evacuate if necessary).

### Thank you for your patience during our renovation!!

Anytime you remodel or renovate where you live, it can be very disruptive. I want to thank everyone for being patient and cooperative during the installation of new flooring. The areas effected were resident rooms and bathrooms on east & west wings, chapel & enhanced dining room, activity room, and visitor bathrooms. We only have 4 areas left. Those are both nursing stations, conference room and the employee bathroom located across from the office.

### A time to be Thankful

November is the month for Thanksgiving. A time to give thanks for what you have. I am thankful for all of you that put your trust in us to care for yourself or a loved one. THANK YOU!

*Have a great November and a very Happy Thanksgiving!*

# November Birthdays

June M. November 3<sup>rd</sup>  
Helen M. November 23<sup>rd</sup>  
Louise T. November 28<sup>th</sup>



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## Resident Council Monthly Meeting

Resident Council Meeting: Tuesday October 9th,  
2019 3:00 p.m.

Those Present: President Eileen J., Eloise G., Edith I., Char R., Marilyn L., Theresa L., Ann E., Donna K., Emma Krebsbach, LSW & Chris Neely, 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 "Freedom from Abuse, Neglect and Exploitation." Council members were informed of the location of the Ombudsman information outside of Social Services.

Old Business: Council members stated they had fun at the Family Picnic in September.

New Business: President Eileen read the Resident Newsletter. October is Breast Cancer Awareness

month and the council was informed of the 50/50 raffle and other activities to raise awareness. The council was reminded of the upcoming auction fundraiser on November 7<sup>th</sup> at 7:00. The remodeling will be completed soon, and the Welcome Room and Chapel will be painted new colors. The council would like new pictures in the Welcome Room.  
Safety Concerns: No Safety concerns stated.

The next meeting is scheduled for Tuesday, November 12<sup>th</sup>, 2019 at 3:00 p.m. in the Welcome Room.

### Thanksgiving Reservations

Due to limited space, families who plan on eating Thanksgiving Dinner at Park River will need to make their reservations with the front desk **no later than November 14<sup>th</sup>**. We also are limiting the number of guests to five per resident. Guest meals are \$9.00 for adults, \$5.00 for children ages 10-6, and children under 5 are free. We will be serving the traditional Thanksgiving dinner. Please call the front desk at 763-757-2320 to make your reservation.

# November



## Annual Live Auction Fundraiser

Our annual auction is our main fundraiser for the Park River Estates Resident Council Foundation, whose sole purpose is to enhance the quality of life of our residents. The money we raise from our fundraisers is used to purchase monthly entertainment, leisure/activity supplies, family nights and special events. We have great items for bidding, such as, holiday décor, gift baskets, fishing equipment, theatre tickets to the Guthrie & Old Log Theatre, MN Orchestra tickets, gift cards, brewery gift certificates a \$250.00 gift certificate to RF Moeller Jewelers and so much more! Our auction will be held on November 7th @ 7:00 in the Chapel. We also have a complimentary wine bar, craft beer & appetizers for our guests to enjoy! Please join us and help us raise some money for our residents!!

## Laundry

When a new resident admits to Park River, **ALL** clothing, shoes, personal blankets, pillows and pillowcases must be marked with the resident's **NAME** (not initials or room numbers). If they are dark or do not have a tag to write on, you can contact Becky, Director of Environmental Services to label them for you. When cleaning out rooms, all personal items must be taken. We are not able to re-use clothes or other personal items. If you would like to donate them, please give them to the Salvation Army or Goodwill.

## Sharing Tree

We are teaming up with the Coon Rapids VFW Ladies Auxiliary again for our annual Sharing Tree! The children from Head Start are in need of new or gently used hats, mittens, scarves, boots and coats to keep warm this winter. We decorate the tree, located in the LTC lobby, with these items and donate them to Head Start. They appreciate any donations you are able to give for the children in our community who are in need! The tree will be set up on **December 2nd** and donated to Head Start on **December 12th**. Please see **Linnea Maki** with any questions.

## Secret Santa Giving Tree

Dawn Brothen & Kimmy Derby have been working hard to arrange our annual "Secret Santa Giving Tree" for the residents at Park River! The tree will be located in the LTC lobby on **December 2nd** and is filled with ornaments that contain our residents "Wish Lists" on an ornament tag. Each gift is between \$10-\$20. To purchase a gift for a resident, take one of the ornament tags, purchase the suggested gift and return it wrapped with the attached tag on it. **Wrapped gifts can be brought to the Therapy Department no later than December 14th.** The residents will be given their Secret Santa gifts at their Christmas Party on Dec. 20<sup>th</sup>! Please see Dawn or Kimmy with any questions.

## Resident of the Month

### Congratulations, Mahtab!

Mahtab was selected by staff and residents as our November Resident of the Month! Mahtab has been a resident at Park River since July, and instantly won over the hearts of staff and residents! She immediately jumped into activity programs and goes to several a day. She especially likes morning motivations, exercise group, 654 Dice, Bingo and music programs. She is always happy, loving, caring and giving. Our staff love her long hugs and big and beautiful smile. Mahtab has been such a wonderful addition to our family at Park River and we all love her very much!

Congratulations, Mahtab!



## Chaplain's Corner

### Give Thanks

The most recent *Reader's Digest* (November 2019) ran an article called “Live Long & Prosper” by Michelle Crouch. The first step she lists for well-being of body, mind and wallet as we age is the suggestion to write down three things for which we are grateful each day! This exercise will, we are told, promote greater happiness, better sleep, and stronger relationships! I guess if we start today, we could fill a notebook by the end of the year!

So, let's start today!

1. I am thankful for America. Thank God for faithful men and women of the past and present who stand for the highest ideals and serve our nation. Thank God for our veterans, our soldiers, our firefighters and police who run towards the trouble, not away from it. They are never appreciated enough. Maybe we should say a prayer for them too.
2. I am thankful for my family/friends. I have sisters and brothers, nieces and nephews whom I treasure (and good friends). You may have a son or daughter, a relative, or a very good friend who is like family to you. How wonderful to have someone to talk with, to share your concerns, and to laugh together. Maybe it's a nursing assistant, or someone you share meals at the table. Thank God for someone who cares!
3. I thank God for Him! Yes, God has given me life and helps me through each day. I can talk to Him each day in prayer. It is wonderful to know He listens. He has given me confidence I belong to Him. Everything good comes from the Heavenly Father.

So we started with three focuses of thanksgiving. If you don't have a notebook, you can still count your blessings each day. Thankfulness gives one a more positive outlook on life, and even helps you sleep!

Lyrics from “Counting My Blessings” (by Irving Berlin, from *White Christmas*)

When you're worried and you can't sleep,  
just count your blessing instead of sheep.  
And you'll fall asleep counting your blessings.

+Pastor Sherree Lane, chaplain

## In Memory....

**Thelma Bundrick** was born to Charles & Barbara Grant in Westville, Florida on July 5<sup>th</sup>, 1929. She met her husband Adolph and they joined in marriage on December 4<sup>th</sup>, 1947 and together they had 2 children. Thelma earned her degree in Accounting and began her career in bookkeeping. After relocating to Virginia, she worked for the United States Department of Defense as a Budgeting and Accounting Analyst. She was recognized and awarded for her dedication and outstanding performance with the naval Alcohol Rehabilitation Center. After retiring, they moved back to their hometown of Pensacola, Florida and then to Springfield, Missouri to be near their grandchildren. Thelma was always dedicated to her faith and enjoyed volunteering and singing in her church choir. She also liked to garden tomatoes, cook, read books and listen to music. She was loved, very much, by staff & residents and was voted "Resident of the Month" this past August.

Thelma moved to Park River on April 1<sup>st</sup>, 2019 and passed away on October 1<sup>st</sup>. She was 90 years old.

**Michael Drager** was born on November 6<sup>th</sup>, 1947 to Russell & Margaret in Rockford, Illinois. He earned his bachelor's degree and his master's degree from Northern Illinois University. He was the sole proprietor for Northern Warranty Processing for 30 years. Mike also served in the Army National Guard for 2 years, 4 months and 11 days.

Mike was an avid outdoorsman. He loved to go fishing, hunting, boating, work on any kind of engine, build things and was a talented wood worker. He also loved rock music, playing the guitar, reading history books and watching sports and the news. Mike's big heart, generosity and sense of humor lead to many friends that became family to him. He was proud of the home he built in Duluth and was thankful that his family brought him back home this summer.

Mike moved to Park River on February 25<sup>th</sup>, 2019 and passed away with family by his side on October 2<sup>nd</sup>. He was 71 years old.

**Lorraine Beck** was born to Edwin & Mildred Chilman in Bradford Township, Minnesota on June 30<sup>th</sup>, 1924. After graduating, she met her husband Oliver and they joined in marriage on March 8<sup>th</sup>, 1944. After spending some time in California, they decided to move back to Minnesota to start their family. They made their home in Columbia Heights and together they welcomed 3 children.

Lorraine worked to make a loving home for her husband and children. She was dedicated to caring for her family. In her spare time, she liked to crochet, play solitaire,

listen to old time music, go to church, garden flowers and vegetables for canning, cook, entertain for family and friends, go camping and traveling in her RV and watch the Minnesota Twins. When asked what her greatest life achievement was, she said "raising my 3 kids and taking care of my husband."

Lorraine moved to Park River on February 24<sup>th</sup>, 2017 and passed away peacefully on October 3<sup>rd</sup>. She was 95 years old.

**Waldo Hasse** was born to Anton & Margaret on May 16<sup>th</sup>, 1930 in Waconia, Minnesota. After graduating, he served for two years in the Army. He had a long career in sales for many companies and in engineering for Honeywell.

Waldo had many interests and was always busy, even in his retirement. He enjoyed hunting, fishing, camping, gardening, making custom leather pieces & jewelry, collecting agates, watching MN sports & horse racing, going to church, reading, teaching Bible Study groups and going to his cabin in Silver Bay. He married his wife Patricia in 1975 and they enjoyed 41 years together. He is missed by his wife, 4 children, 6 stepchildren and their families.

Waldo moved to Park River on August 14<sup>th</sup>, 2019 and passed away peacefully on October 5<sup>th</sup>. He was 89 years old.

**Helen Johnson** was born on September 2<sup>nd</sup>, 1927 to Henry & Hattie Sayer in Becker County, Minnesota. She graduated school and went on to earn her degree in Business. She worked in the courthouse for Veteran's Affairs before meeting her husband and starting a family. Helen was a devoted and loving mother to their seven children.

In her spare time, Helen enjoyed reading, going to church, playing Bingo, card games, doing word searches and jigsaw puzzles, listening to music and spending time with her children and grandchildren. At Park River, she always looked forward to her morning paper, her family & friends visiting for lunch dates, her friendships with staff and listening to the music programs. When asked what her greatest life achievement was, she said it was "being so lucky to have seven wonderful and caring children."

Helen moved to Park River on January 2<sup>nd</sup>, 2015 and passed away on October 7<sup>th</sup>. She was 92 years old.

**Janet Collins** was born in Marshall, Minnesota to Alphonse & Elsie Hamerlinck on June 7<sup>th</sup>, 1945. She grew up in Minneota where she graduated school and went to work as a Dispatcher. Her greatest joy in life came from being a loving and dedicated mother to her 3 children.



Janet loved doing anything outdoors. She liked to garden, go boating on the lake and go for long walks. She also liked to read books, exercise and was a long-time volunteer for the Santiago Lion's Club. She was always up for an adventure and traveled to every state but Alaska. She had a great sense of humor, big heart and loved being a mother and grandmother.

Janet was only with us at Park River for a short time. She moved here on August 15<sup>th</sup> and passed away surrounded by the love of her family on October 18<sup>th</sup>. She was 74 years old.

Susan "Susie" Westlund was with us for only a short time. She moved to Park River on September 25<sup>th</sup> and passed away peacefully on October 25<sup>th</sup>. She was 70 years old.

A memorial service will be held in remembrance of **Thelma, Michael, Lorraine, Waldo, Helen, Janet & Susie** on Sunday November 3rd at 2:00 in the Park River Estates Chapel.



