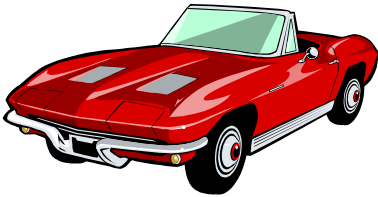




Park River Estates Care Center June 2009 Newsletter

June 2009

**11th Annual
Car Show &
Ice Cream Social
Saturday, June 13, 2009
2:00 – 4:00 p.m.**



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**Happy Father's Day!
June 21, 2009**



From Your Administrator...

By Tom Pollock

Legislators Adjourn With No Budget Resolution, No Special Session?

At midnight on Monday, May 18th, the Minnesota State Legislature adjourned without an agreed upon fix for our state's budget deficit. Governor Pawlenty has vowed that there will not be a special session and that he alone will fix the budget deficit. In a Tuesday press conference, Pawlenty noted that it was a constitutional requirement to balance the state's budget and the DFLers had failed in this attempt. "I'm not here to rehash the DFL's failures of this past session -- I think they speak for themselves. The job didn't get finished. I'm going to finish it. During the current economic meltdown, government needs to do what everyone has to do," Pawlenty said, "tighten our belts and live on a little less money."

This scares me. Governor Pawlenty has never supported nursing homes and the care we deliver. One year ago, the House & Senate proposed a small increase to nursing homes while Governor Pawlenty wanted decreases to nursing homes.

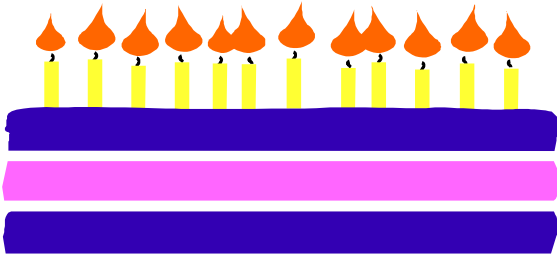
The budget has to be balanced by July 1, 2009. Our Governor said he will do it through unallotment. What does this mean? Unallotment is to take away money that has already been budgeted and approved. Last year, nursing homes received an increase of 1.6%, 75% went to employee wages and benefits. Pawlenty has the ability to take back the increase AND to reduce payments beyond that. One proposal is to cut payments to nursing homes by 25%. If that occurs, many Minnesota nursing homes will close including ours.

Please keep in mind that the legislature did send the Governor a balanced budget, which included tax increases. Rep. Melissa Hortman wrote in an email sent to people in her district, "If Governor Pawlenty does not sign the budget-balancing bill into law, he has indicated he will begin the unallotment process starting July 1. Unallotments totaling \$2.7 billion would mean additional deep cuts to hospitals, schools, higher education, and other areas of the state budget. These cuts disproportionately impact the elderly, the disabled, and our students, and will cause significant job losses in health care and higher education. The Governor can make a better choice for Minnesota by signing the balanced budget bill the Legislature sent. **Please** contact Governor Pawlenty and ask him to sign the balanced budget bill. Call (651) 296-3391 or e-mail tim.pawlenty@state.mn.us. Thank you.

Happy Father's Day!

June Birthdays

Happy Birthday to the following residents who celebrate their birthday in June:



Mayme Toikka	June 06
Ethel Johnson	June 07
Jeannette Magnuson	June 21
Alice Orr	June 22
Doris Vineyard	June 22
Susan Taber	June 23
Irene Netterland	June 30

Hello...and Goodbye!

Welcome to **Dorothy Carroll, Irene Fallon, Darlene Retzinger** and **Lillian Stammen** who arrived at Park River Estates this month. Please

greet them! Best wishes to **Roy Bulson, Muriel Shackle** and **Myrtle Eveland** who were with us for a short time.

Resident Council

President Muriel McClellan called the meeting to order on Tuesday, May 12, 2009 at 3:00 p.m. The meeting began with the Pledge of Allegiance. Minutes of the last meeting were read and approved. Ten members were present.

As **Old Business**, The dietician did an inservice class on the diabetic diets. Council members felt that the inservice was very helpful and a great educational meeting.

As **New Business**, Diana Olson informed council members of upcoming events. National Nursing Home Week starts on Sunday, May 10.

We encourage residents and family members to get out and enjoy the weather. If you are going out, please let the receptionist know. Some residents are not able to go outdoors by themselves, but family members can always take their loved one out.

Council members discussed the recent time change for the Resident council meeting. Attendance has not improved with the time change. A vote will be taken at the next meeting on whether

to keep the time in the afternoon or change it back to the morning.

Food Committee: Evening supervisor, Cassie attended the meeting. She asked council members if they had any questions or concerns. Council members stated that they weren't happy with the pizza. Cassie said that pizza may be taken off the menu. There were very good comments regarding the new menus.

Safety Concerns: There were none at this time.

The meeting adjourned at 3:30 p.m. The next meeting is scheduled for Tuesday, June 9, 2009 at 3:00 p.m. in the Chapel.

Diana Olson,
Social Service Director/Recorder

The **Family Council** will meet on Tuesday, June 9, 2009 at 4:00 p.m. in the Resident/Visitor lounge.

Going Green...

at Park River Estates Care Center. We are moving towards going green with the environment. What are we doing so far?

- (1) One daily meal & activity schedule will be on each table (instead of 4) in the resident's main dining room instead of giving each resident their own. This saves over 13,000 copies per year.
- (2) Recycling paper, catalogs, etc. We are

placing small blue recycle bins throughout the facility. If the piece of paper does not contain confidential information, recycle it. This will also reduce the number of garbage pickups each week.

- (3) Shut off lights & TV's when a room is not in use.

Let us know if you have any "green" ideas!

Activity Planning Meeting

An Activity Planning Meeting was held Tuesday, May 5, 2009 at 2:00 p.m. in the Welcome Room. Fourteen residents and three Activity staff were in attendance.

May Events:

Bingo:

- * Cardinals Bingo – 05/06 @ 2:00 p.m.
- * Lioness Bingo – 05/19 @ 2:00 p.m.
- * Lucky 'Leven Bingo – 05/21 @ 7:00 p.m.
- * King of Glory Bingo – 05/26 @ 7:00 p.m.

Special Music:

- * Don Schoen – 05/02 @ 2:00 p.m.
- * The Happy Notes – 05/12 @ 2:00 p.m.
- * "Spring Musicales" – 05/19 @ 7:00 p.m.
- * Shawn Sweeney – Birthday Party – 05/20 @ 2:30 p.m.

June Events:

Bingo:

- * Cardinals Bingo – 06/03 @ 2:00 p.m.
- * Lioness Bingo – 06/16 @ 2:00 p.m.
- * Lucky 'Leven Bingo – 06/18 @ 7:00 p.m.
- * King of Glory Bingo – 06/30 @ 7:00 p.m.

Special Music:

- * Don Schoen – 06/06 @ 2:00 p.m.
- * Steve Paris - Birthday party – 06/17 @ 2:30 p.m.
- * Tara B – 06/29 @ 2:00 p.m.

Other:

- * 11th Annual Car Show – 06/13 @ 2:00 p.m.; Ice Cream Social @ 3:00 p.m.

Other Items of Interest:

"Lunch In" was discussed, and will resume in June. The meal will be from Culver's. The date will be announced.

Another bookcase for the library is pending.

Wii bowling seems to be going well, as well as Dog Racing and Cards – "I'm Out". Word Games and Baking continue to take place 1-2 times per month.

The Hour of Power is no longer on TV on Sunday mornings, so it has been taken off the calendar.

We have had some note cards donated, and we also have many cards for different occasions. Residents just need to ask the Activity staff when they need some. The Activity Dept. also has a limited amount of donated yarn and craft materials available for residents.

Residents enjoy the Watercolor class.

When there is a request to play a specific movie or video, Activity staff will determine if it can be played at that time or if a time needs to be scheduled. The Activity Dept. plans to purchase more Danny O'Donnell videos. One resident stated that she likes to watch the GAC channel on Saturday nights. She asked if this could be turned on the TV in the lounge. She was told to ask a nurse or nursing assistant at the South nursing station.

The meeting adjourned at 2:30 p.m. The

next meeting will be scheduled in July 2009.

Chaplain's Corner

As we approach Fathers Day, I think of my own dad, my grandfather, The Lord's Prayer (Our Father) and George Washington. The Father of Our Country wrote, "My first wish is to see... war, banished from the earth." We have often thought about and celebrated the life and times of our first president, George Washington. We learned he was a surveyor, a farmer, and a soldier. We learned that he led the colonists in the Revolutionary War. We learned that he was a very important man in history because he helped 13 colonies win their independence from Britain. He was known for his perseverance and determination. He led our young country in freedom. George Washington was a leader in war, and just as importantly, he was a leader in peace. When he was 16, he copied an English Translation of a French book on manners called, Rules of Civility, of which there are 110. Here are a few from Washington's own hand:

1. Every Action done in Company, ought to be with Some Sign of Respect, to those that are Present.
2. When in Company, put not your Hands to any Part of the Body, not usually Discovered.
3. Shew Nothing to your Friend that may affright him.
4. In the Presence of Others Sing not to yourself with a humming Noise, nor Drum with your Fingers or Feet.
5. If You Cough, Sneeze, Sigh, or Yawn, do it not Loud but Privately; and Speak not in your Yawning, but put Your handkerchief or Hand before your face....
6. Sleep not when others Speak, Sit not when others stand, Speak not when you Should hold your Peace, walk not on when others Stop.
7. Put not off your Cloths in the presence of Others, nor go out your Chamber half Drest.
8. At Play and at Fire its Good manners to Give Place to the last Commer, and affect not to Speak Louder than Ordinary.

9. When you Sit down, Keep your Feet firm and Even, without putting one on the other or Crossing them.

10. Shift not yourself in the Sight of others nor Gnaw your nails.

18th: Read no Letters, Books, or Papers in Company but when there is a Necessity for the doing of it you must ask leave: come not near the Books or Writings of Another so as to read them unless desired or give your opinion of them unask'd also look not nigh when another is writing a Letter. 65th: Speak not injurious Words neither in Jest nor Earnest Scoff at none although they give Occasion. 108th: When you Speak of God or his Atributes, let it be Seriously & [with] Reverence. Honour & Obey your Natural Parents altho they be Poor. 109th: Let your Recreations be Manfull not Sinfull. 110th: Labour to keep alive in your Breast that Little Spark of Ce[les]tial fire Called Conscience.

George Washington always longed for what is good. As general, he once wrote the following note to the soldiers, "The General is sorry to be informed that the foolish and wicked practice of profane cursing and swearing, a vice hitherto little known in our American Army is growing into fashion. He hopes that the officers will, by example as well as influence, endeavor to check it and that both they and the men will reflect that we can little hope of the blessing of Heaven on our army if we insult it by our impiety and folly. Added to this it is a vice so mean and low without any temptation that every man of sense and character detests and despises it." We wish you a blessed Father's day, beginning with the model of prayer that Jesus taught us, as recorded in the gospels of Matthew and Luke:

Our Father, who art in heaven, hallowed be thy name. Thy Kingdom come, thy will be done, on earth as it is in heaven. Give us this day our daily bread. And forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil. For thine is the kingdom, the power and the glory for ever and ever.

Amen

- Chaplain +Peter

Sympathies

Our sympathies go out to the family and friends of **Betty Watson**. She will be remembered at the Memorial Service on Sunday, June 7, 2009 at 2:00 p.m. in the chapel.

Betty Watson was born May 12, 1925 in St. Paul, Minnesota to John and Blanche Bailey.

Betty married Bill Watson on August 15, 1942. To this union, two children were born, John and Penny. Betty worked in a factory, and in her leisure time, enjoyed reading, watching movies on TV and listening to music.

Betty came to Park River Estates Care Center on June 25, 2007 and passed away on May 16, 2009 at the age of 84. Her loving family will fondly remember her.

