

The Pines Senior and
Assisted Living

400 West 67th Street
Richfield MN 55423

Pine Cone Press

VOLUME 10, ISSUE 5

May 2017



Lisa Cameron
*Administrator of
The Pines*

Augustana Mission Statement:

*"The Mission of Augustana
Care is to serve God by fostering
fullness of life for older adults
and other people in need through
the provisions of healthcare,
housing and other services in a
Christian tradition."*

INSIDE THIS ISSUE:

Activity Forecast	3
Resident Spotlight	2
Health Matters	2
Spiritual Services	4
Dining	5
Employees & Residents	5



May News From The Administrator

Happy May! Here's to some warmer Minnesota weather, and hopefully less rain! I want to thank families and residents that attended our Easter brunch. Holiday meals are something that our kitchen and serving staff greatly enjoy as it provides a family setting and brings in many wonderful stories of past traditions. This May, we invite guests to join our Mother's Day brunch on Sunday, May 14th from 11:30am-1:00pm. We hope you can join us!

At the end of April, we held our 1st Annual Celebration of Life. In the past, we have done a Service of Remembrance in December. This year, we celebrated the wonderful lives of the residents we lost from 2016 until now. Families of these residents were invited and we were able to give a small tribute to those who we have lost as friends, parents, neighbors, and loved ones. Our goal for this service was to have an uplifting ceremony that honored the lives we've lost in a meaningful way. Following the ceremony, families and residents were led out to the patio where balloons were released for each of these residents. Thank you to all residents who attended in remembrance of their past neighbors, and we hope this will be a meaningful tradition for many years to come!

As the warmer months hit, residents are encouraged to spend more time outside walking and taking in the fresh air. We will bring out the porch cushions for catching some Vitamin D—once we are sure no more snow will be on its way! We also encourage residents to start their own walking groups, to continue attending morning exercise, and going on the outings to get out of the building.

If you are expecting guests throughout the summer months, please remember that we have one guest suite available for rent by guests of residents. Just contact the Front Desk receptionist to check availability. The guest suite rental of \$60 per night includes complimentary continental breakfast, Wi-Fi, a telephone, and the convenience of being close to your loved one during your visit.

This May, we also celebrate National Nurse's Week the 6th-12th. I want to give a big THANK YOU to our three licensed nurses, Danielle, Lisa M., and Courtney. Together with the home health aides, these three nurses provide exceptional health care services in emergencies and are often required to do so late into the evening, early in the morning, and on holidays. I also wanted to thank all of the nurses that care for our residents while they are in the hospital or at transitional care. It's nurses that have genuine care, compassion, and kindness that work with older adults that make all the difference when transitioning into senior care.

We hope to see you around this month!

I hope everyone has been enjoying the beautiful spring weather that we have been graced with.

I want to remind anyone that is on medication set-up services through Augustana Residential Care that any over-the-counter medications, and/or supplements need to have a physician's order. We cannot have families or residents self-administering these medications without the home health staff knowing, especially if staff is supposed to be administering the medications. Some over-the-counter medications and supplements may interfere with other medications and cause them to have adverse reactions or inhibit the absorption and/or metabolism process of the medication. Each resident upon entering the facility signs an agreement stating that they understand this. We ask that if you have any medications in your apartment that are not being set-up by our staff or administered by us, please bring them by to the nurses' station so we can obtain the physician's order. Again, this is only for the resident's who are signed up for medication management services through the facility.

If you have any questions regarding this information, or are interested in signing up for medication management please come to the nurses' station and talk with Danielle, Courtney, or Lisa.



Danielle Krueger, RN

Director Health Services

612-259-2892



This Month's Kindred At Home Presentation: Arthritis

| When: May 16th, 2:00 p.m. | Where: | Pine Cone Cafe



Jean Heminger

Resident Spotlight

Jean was the youngest of three girls in her family and chuckled saying, "I was supposed to be a boy." Funny how those family remembrances stay with you. Another remembrance for Jean is being born and raised in Pelican Rapids, Minnesota. In fact, Jean has never lived anywhere besides Minnesota. She graduated from Pelican Rapids High School, go orange and black! Jean met her husband-to-be Joe, through mutual friends at a small town dance. Somehow the charm of hearing that never gets old. Jean tells us her husband was one of ten children, and his mother was one of eighteen. No wonder over the years as Jean and her husband worked on their family genealogy, the book was big and thick.

Jean and her husband raised three boys who all still live in Minnesota. Jean also has four grandchildren. Jean recalled with fondness taking family vacations and camping trips across the US. Making them even more meaningful, the destinations were not random, they were mapped out specifically to pursue their family's history, and their relations.

Jean is a very industrious woman. She worked as a ward clerk, and bedside attend at Abbott Northwest Hospital, as a dental assistant, and dental lab technician making crowns and partials. Then when her children were in school she went back to work part-time in the kitchen at Falwell Junior High School. Jean was a homemaker, good cook, seamstress, sewing for herself and her family, and a crafter. She made and sold embroidered kitchen towels at craft sales. Jean said it seemed everyone landed at their house for the holidays. Now it is Jean's turn to no longer cook and clean up after a large family and allow us to pamper her a bit.

May Outings— Wednesdays at 1:00pm

3rd- *Como Zoo Conservatory*



10th- Applebee's

17th- *Shopping at Herberger's*

24th- Culver's Lunch!



31st—*Scenic Drive at The Arboretum*



TONY WALLIN
Activities Director
612-259-2888



May Entertainment

In the Pine Cone Café

James Shaw— 9th @2:00 pm

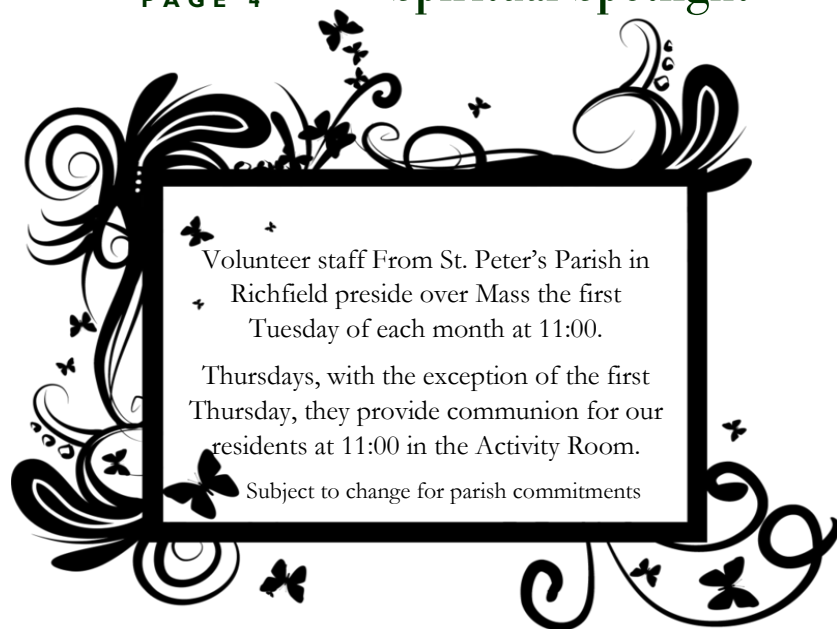
Thomasina-16th @1:00 pm

Lori L. 19th- @ 6:00 pm

We are looking for a few good
volunteers. At this time
we are in need of a few
Spring Planters!

Contact Tony @ 612-259-2888

Spiritual Spotlight



Our new
Men's Club
"The 19th Hole"

Facilitated by
Activities Director,
Tony Wallin

Look for it on the
calendar, and guys,
come out and play!

**Tony wants
You
to stay
involved**

Resident Services

Cyndy Grinvalds

As the weather allow us to enjoy the outdoors again we invite residents, guests, and families to check out our back patio area. There is seating with umbrellas, areas to stroll within the gates, and outside of the gate is the Kirchbak Sculpture Garden with walking path.

For resident safety the back patio area is considered a secured area of our building. There is a controlled access locked gate that leads to the sculpture garden. Residents may request the confidential code if they wish to enter or exit using this gate. Should anyone use the gate is it very important that they check to be sure the gate closes, and locks behind them.

For residents and guest cookouts we provide gas grills that can be reserved at the reception desk. Also our dining room can make any meals to go so they can be enjoyed outside.

Resident Angel of the Month

A resident guardian angel on earth who lifts us up when we believe our wings have forgotten how to fly.



*Our Friend,
Connie
Lindblom*

Connie volunteered to spearhead a resident facilitated bridge game weekly. We wish to thank and support Connie in a manor that will allow a bona fide club to grow. You are appreciated!

PINE CONE PRESS



The Pines Restaurant



Beyond supplying nutritional sustenance, the dining room is a meeting place, a daily comfort, a place where friendships are formed, and community strengthened. In the long-term care industry 82% of the bottom performers do not use fresh foods. They employ unskilled labor, and use a lot of heat and eat prepared foods. As we saw in our March newsletter, we employ a skilled and dedicated team which includes three full time chefs. Our kitchen prides itself on being an 80/20 kitchen. Where 80% of our menu items are made from scratch, from fresh, wholesome ingredients.

Our produce vendor, Northwestern Fruit, has been in business since 1940 and provides as much local product as is possible, while also providing global cuisine items. We are current with the trend of restaurant style table service dining. As the weather becomes warmer you will notice more seasonal offerings, and food selections. Maybe May is the month you bring a family favorite meal suggestion or recipe to our chef for consideration. We will continue to approach mealtimes with thoughtfulness, and creativity. Interaction with our chefs, and serving staff is encouraged. Suggestions can also be placed in the suggestion box on the mail counter.

Enjoy Cookies

Baked Fresh Every Day



Chocolate Chip
Butterscotch
Chocolate Oatmeal
Peanut Butter

Employee Anniversaries

Shannon L. Chef...3 Years

Jennifer L. Home Health Aide...3 Years

Ruth M. Receptionist...2 Years

Frequently Asked Questions

Q: Can residents control their own heat and air conditioning in their apartments?

A: Yes, each apartment has their own heat/cooling unit which is controlled by their thermostat.

* Our thermostats can be a challenge to understand and set. It becomes especially problematic as we have temperature fluctuations between seasons. The temperature in apartments is affected by outdoor temps, hallway temps, and sun on the building. Printed thermostat instructions are available at the front desk.



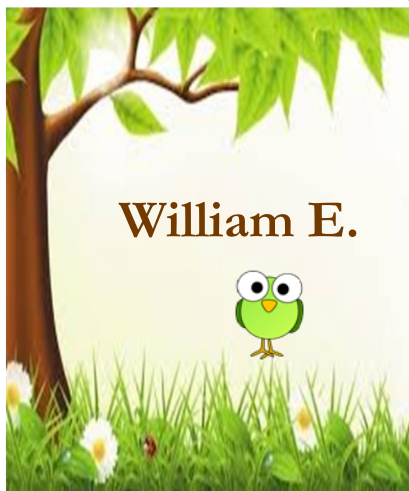
No matter how old a mother is, she watches her middle-aged children for signs of improvement.

— Florida Scott Maxwell

New Residents!

Welcome New Employees!

BIRTHDAYS



William E.

Returning Housekeeper:

Taffy T.

Server:

Angie M.

5/6 Jody S.
5/7 Corrine J.
5/14 Gladys J.
5/19 Connie L.
5/19 Joe Z.
5/23 John E.
5/25 Phillip J.





Nestled in the heart of Richfield, The Pines is a senior community focused on helping provide a living environment that supports the needs of each resident while keeping them as independent as they are able. Some see what makes our community such a special place to call home!

Amenities Include:

- ♥ Private Apartments with full kitchen and bath
- ♥ Studio, one and two bedrooms
- ♥ Weekly housekeeping
- ♥ Formal meals served in the Restaurant
- ♥ Free laundry facilities
- ♥ Spa services in the on-site beauty shop
- ♥ Scheduled group transportation
- ♥ 24-Hour medical staff
- ♥ Fitness Program & Exercise Room
- ♥ Park-like grounds with sculpture garden
- ♥ Shopping, banking, and medical clinics within one block
- ♥ Daily activities

Meet our Resident
Committee Members:

Gladys Johnson, Thelma Granquist,
Jean Peterson, Bill Becker, Nancy Olson.

Meet our Leadership Team:

Lisa Cameron...Housing Director
 Marcia Blakeman... Business Office Manager
 Danielle Krueger...Director of Health Services
 Katherine Tloughan . . . Leasing Counselor
 Jatoma Gavin. . . Executive Chef
 Joe Small . . .Environmental Services Director
 Tony Wallin...Activities Director
 Cyndy Grinvalds...Resident Services Director

Office Hours

Monday - Friday

9:00 am – 8 pm

Saturday & Sunday

9:30 AM – 5:30 PM



Find us on Facebook at:

<https://www.facebook.com/thepinesrichfield>

Visit us online at
www.thepinesrichfield.com

REVIEW US

Are you happy with your Pines experience?

If so, we invite you to write a positive review at senioradvisor.com or **Google reviews!** If you need help writing one, please contact us at pinesleasing@augustanacare.org or call the Front Desk at 612-861-3331 and we'd be happy to assist you onsite.

Today, more and more people do extensive online searching through reviews before they ever set foot in a community. You can help others and keep our community strong by leaving positive feedback about The Pines.

