

THE PINES OF  
RICHFIELD  
400 WEST 67TH STREET  
RICHFIELD, MN 55423  
612-861-3331



# Pine Cone Press

VOLUME 17, ISSUE 9

SEPTEMBER 2024

## News From The Administrator



**Lisa Curry**  
Housing Director  
The Pines



**Office and Reception  
Hours Until  
Further Notice**

**Monday—Friday**  
8:30 a.m. to 7:00 p.m.

**Saturday & Sunday**  
9:00 a.m. to 5:30 p.m.

And into the fall season, we go! I think I say this every year but feel it more so this year as our summer went by so quickly. Our summer officially ends on September 21<sup>st</sup>, it is common for people to see the word “September” and associate it with cooler temperatures, warm clothes, warm beverages, and sweatshirts. Looking out windows we can see some of our patio trees are starting to change color.

We enjoyed celebrating our Music on the Patio over the summer months with three gorgeous evenings with wonderful music. As the temperatures begin to cool, I want to encourage residents to be mindful about getting out of their apartments and engaging in various activities in our building that suit them. One way to get your day started is by attending our exercise classes Monday through Friday at 9:30am in the 3<sup>rd</sup> floor Activity Room. These exercises are specifically geared to helping you get your joints moving and your mind working. After attending class, learn about the various activities going on for the day, then head down to the Pine Cone Café for coffee with friends. We love seeing residents out and about, but we also understand that some people prefer to sleep in and remain in their apartment. Make sure to do what works best and feel right for YOU!

As The Pines was acquired by Cassia in July, we are planning our Grand Open House to celebrate our new ventures that will continue under the Cassia umbrella. This celebration will be Thursday, September 12<sup>th</sup> from 3:30pm to 6:00pm. We will be inviting residents, families, friends, and the community to help us celebrate.

One great asset we have had over the past 17 years at The Pines performing many services as Director of Resident Services, Cyndy Grinvalds, will be retiring from her career at the end of August. Cyndy has been a strong presence at the Pines and has assisted so many residence, families, coworkers, and friends over the years. She will be missed and we hope she will come back for many visits. We are excited for Cyndy to take some time for herself, focus on some home projects, and find a bit of nature along the way. Best of luck Cyndy on all your future adventures!

Blessings to all,

Lisa

# Cassia Health Service News

## Director of Health Services Ruth Ollanketo

Happy September! Wow, this year certainly has flown by. Just like the old phrase, “Time flies when you’re having fun.” Here at The Pines we have had a jam packed summer filled with activities, outdoor fun, music on the patio and some wonderful new changes around our facility.

Here are a few of them:

I would like to introduce to you all our newest member of our nursing team Lexi Estep. She comes to us with several years of nursing experience in the assisted living community. She is so excited to get started on building relationships with our residents and you all. She is very knowledgeable, comes with a great attitude and an infectious smile. We are so happy to have her come join our community here at The Pines. Please feel free to come introduce yourselves to her when you see her around. Her contact information is: [Lexi.estep@cassialife.org](mailto:Lexi.estep@cassialife.org)



With that positive note, I am sad to inform you all that our nurse Tracy’s last day will be Friday August 30. We thank her for all she has done for our residents and families here and wish her all the best on her future endeavors.

Starting at the end of September caregivers and nursing staff will no longer be caring pagers around to be notified when residents push their pendants. Instead we will have an application on our phones called Notify. This app will be the way staff will be notified when a resident pushes their pendants. Features on the app will help staff to better communicate with each other. We are excited to have this available to us as we know it will help us to better serve our residents.

September 18 will be our second time this year of having a vaccine clinic done through our pharmacy A&E. This is a service we are offering quarterly to our residents. Staff will ensure that we get fliers and paper work sent out to each resident to make sure that all have the opportunity to be able to sign up to get vaccinations done on this day. The CDC states that the RSV vaccine (respiratory syncytial virus) is highly recommended for anyone ages 75 and over. Per the CDC guidance the best time to get vaccinated is late summer and early fall. Be on the watch for consent forms to be sent out to residents soon regarding vaccinations that will need to be returned promptly to ensure we are able to administer the vaccines on September 18.

Our clinical team also has access to the Minnesota Immunization Information Connection (MIIC) which is a confidential system that stores electronic immunization records. If you or your loved ones are opposed to us having this access please let the nursing staff know and we will send you a form to opt out of us accessing this information.

Lastly, just a few gentle reminders to help our clinical staff better serve our residents:

If residents are bringing in new devices (motorized scooters, bed/bathroom rails, 4ww etc.) please let our nursing staff know as these type of devices will need to be approved and assed by our staff prior to residents being able to use them.

Please ensure when residents are leaving the building and returning to please sign in and out at the front desk. This helps us in ensuring residents get their medications and services done prior to leaving the building. Also if residents are being sent out to the hospital please inform the nursing team and if after hours please call the on call nurse.

When changing services whether adding or taking off please allow our nursing staff 72 hours to make these changes and ensure that a new service agreement is signed promptly.

**On call nurse hours:** Week days 5pm to 7pm 612.213.0090 and all holidays and 24 hours during weekends.

Thank you all for entrusting us to care for you!

*Ruth A. Ollanketo*

Director of Health Services

Direct: 612-259-2892 • Fax: 612-259-2894

Mobile: 612-704-4240

August Music on The Patio



## Resident Services

Cyndy Grinvalds, Director

Farewell as I Retire.

When I say goodbye to everyone it includes so many people, residents and families, visitors, co-workers, colleagues and vendors since February of 2007. It feels like a mighty long time ago. As I told Lisa when I gave my retirement notice I have always had a sense of gratitude for my job and the opportunities given me here at The Pines.

In 17 years I have ridden the wave of much change, several management companies, administrators, managers and staff coming and going, new regulations, a remodel and now the sale of The Pines to Cassia. The most challenging period was with Covid 19. I think the whole world felt the onerous sting of that. Thankfully our community came together, adjusted, and none of our residents succumb to it.

A couple of the most memorable events that have come out of my office were the Seven Centenarian Celebration, Resident Treasure Shows, The Wall of Honor for our veterans and the annual Service of Remembrance for residents who passed from us. I have had the most fun with our newsletter and the opportunity to interview such interesting and inspirational people and write about their lives. This job is highly personal and host of emotions good and difficult push up against you year after year. To have met and known so very many of our greatest generation, the eldest being 105 years of age and it has honestly been such a privilege. I have shared a special bond with all of you and I am taking with me special memories of our time together.

After I allow the dust to settle on my retirement I look forward to working on my own personal health, attack those projects at home too long put off, reinventing myself with some yet undiscovered avocations, having freedom of time for joy in family and friendships and peace in nature. Above all I wish you all love that endures, the fellowship and saving grace of our Lord and wellbeing for years to come.

Thank you, and happy trails. *Cyndy Grinvalds*

# September Activity Outlook



Oh what a fun summer we had! Welcome Fall!

We had lots of luck for our monthly Music on the Patio with some great music, fun refreshments and beautiful weather. Thank you to anyone who joined us.

More fun and busy months coming up, make sure to pick up your monthly activities calendar at the Front Desk and be on the loop for any sign in the elevators, front desk and outside our main dining room.

Let's make sure our fall season is filled with lots of laughter and fun new adventures!

## **September Outings:**

September 6<sup>th</sup> – Red Lobster

September 13<sup>th</sup> – Afton Apple Orchard

September 19<sup>th</sup> and 20<sup>th</sup> – NO BUS/OUTINGS

September 27<sup>th</sup> – Visit Primrose School

## **Dates to Remember:**

September 9<sup>th</sup> – Birthday Bash with Musical Guest: Amy & Adams

September 12<sup>th</sup> – Primrose Adopt-a-Grandparent Program

September 12<sup>th</sup> – Cassia Open House

September 18<sup>th</sup> – “Laugh & Live Longer” with Special Speaker:

The Voice of the MN Gophers Dick Jonckowski

September 26<sup>th</sup> – Staying Safe at Home Presentation – Interim Healthcare



### Centennial Lakes



### Water Balloon Toss



### Adopt a Grand-Parent



## Monday September 2<sup>nd</sup> Labor Day

The dining room will be closed for dinner.

All residents who are on the dinner Meal Plan will receive a boxed picnic meal of hamburger and potato salad delivered to their apartment. Delivery fee waived.



**Enjoy Cookies**  
**Baked Fresh Every Day**

*Cookie Prices*  
\$5.50 Per Dozen  
\$10.00 Per 2 Dozen

*Please see Receptionist for available selection*



### *From Executive Chef Roberto*

A reminder to pre-order your food selection if you want something off of the **Alternative Menu.**

**\*For lunch** from the alternative menu you must pre-order it with the receptionist at the front desk by 2:00 p.m. the day before.

**\*For dinner** from the alternative menu you must pre-order it with the receptionist by 2:00p.m. the day of.



**“ Great minds discuss ideas; average minds discuss events; little minds discuss people.”**

***Eleanor Roosevelt***



Mary O... 9/2

Joann B... 9/3

Nancy W... 9/4

Jenny H... 9/21

Mary Ellen W... 9/22

Dolly O... 9/25

## BIRTHDAYS



## NEW HIRES

Marisol M... Caregiver/Receptionist

Nelson R... Caregiver

Marisol C... Caregiver

Shataya A... Caregiver

Those of Service to You

Lisa Curry: **Director of Housing** 612-259-2882

Lisa.Curry@cassialife.org

Kristian Tsinnie: **Business Office Manager** 612-259-2884

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Victoria Rassi: **Director of Marketing** 612-259-2883

Victoria.Rassi@cassialife.org

Roberto Mendoza: **Executive Chef** 612-259-2887

Roberto.Mendoza@cassialife.org

Herson Villacorta: **Environmental Services Director**

contact via 612-861-3331

Herson.Villacorta@cassialife.org

Ruth Ollanketo: **Director of Nursing** 612-259-2892

Ruth.Ollanketo@cassialife.org

Lexi Estep: **Registered Nurse** 612-259-2974

lexi.estep@cassialife.org

Sarah Rodriguez: **Activities Director** 612-259-2888

Sarah.Rodriguez@cassialife.org

**Care Suite Unit** 612-259-2981