



LITTLE FALLS  
HEALTH SERVICES

**LITTLE FALLS  
HEALTH SERVICES  
FAMILY NEWS LETTER**

**MAY  
JUNE  
JULY  
2019**

# A WORD FROM HUMAN RESOURCES

- Up and coming is the Garage Sale. The purpose of this is to raise Employee Enrichment funds. You may not remember what that is, but it's the account that we used to purchase the picnic table, the TV, gift cards, the Fat Friday donuts, the gifts baskets we've raffled off, etc. and right now this fund is pretty much at a zero balance, so please help us in promoting the garage sale so that we can replenish that valuable employee fund so that we can do even MORE fun stuff for staff! We have a couple more things in mind, but need to raise funds to do them, so your anticipated help is greatly appreciated. All items donated to be sold at the garage sale can be dropped off in room 330 to which Michele, Devin and I have a key for. Employees, residents, tenants and resident/tenant families are all invited to donate items for the sale.



Shelly  
Groshong,  
HR  
Director

# WHAT'S HAPPENING IN NURSING...

- As a nursing professional who has worked in long-term care, I've found it to be a rich and valuable learning environment where students can gain assessment skills, get firsthand experience with complex health problems, and learn to work as interdisciplinary team members.

In general, nursing homes have many residents with complex medical problems. I have cared for elderly residents in this settings for about 10 years and feel comfortable in this environment and am up for challenges of our jobs. LTC (Long Term Care) poses unique challenges. I believe students benefit from the opportunity to gain varied clinical experiences whenever possible. Here at Little Falls Care Center we foster students' enthusiasm about all learning environments. To function effectively we are knowledgeable about this environment and the residents' care needs.

- We express to our students "Keep an open mind. You may be surprised by how much you'll learn before the rotation ends."

Before the students' first clinical day, we meet with the students to discuss goals for the learning experience and to review expectations and boundaries. This helps ensure all parties are on the same page.

- To help students understand what's expected of them, they undergo orientation on the first day with a tour of our beautiful facility and meet all the amazing residents and astounding staff. Education about our electronic medical record is provided in the Little Falls Movie Theater as well.

- The LTC setting can be especially conducive for students to practice their assessment skills and to learn to work with other healthcare team members. Dementia care, fall prevention, urinary incontinence, wounds, and enteral tube feedings are common. The LTC clinical rotation has been an excellent learning opportunity for students to implement evidence-based practice in the care of elderly patients. They have completed fall risk and pressure ulcer risk assessments using the facility's evidence-based tools and have participated in planning, implementing, and documenting the plan of care. Also they utilize a Root Cause Analysis by simply asking the 5 WHYS? In certified nursing facilities, Minimum Data Set (MDS) assessment must be completed for all residents. This is the responsibility of the MDS nurse. Students have met with the MDS nurse to understand how assessments, care plans, and other documentation forms come together to complete the residents' MDS record. Tools are used to complete the assessment of an assigned resident, which gives them valuable experience completing full assessments using the MDS forms.
- Working as part of the interdisciplinary team and providing patient-centered care are essential competencies for nursing students to acquire. We gives them an opportunity to obtain these competencies. Students need to learn about all the key healthcare professions and understand how they work together to provide care for our residents. Our students work with physical therapists, social workers, speech therapists, admissions coordinators, and even the facility's ombudsman.

# WHAT'S HAPPENING IN NURSING CONTINUED...

- Their “day in the life” of other professionals teaches them what it’s like to walk in those individuals’ shoes, giving them a new perspective. To promote patient- and family-centered care, students also join in family meetings, if the resident and family permit. In addition, they participate in discharge planning and education related to post discharge care. Family meetings are useful forums where students and others share the resident’s care information, learn about the resident’s and family’s concerns, and provide emotional support.
- One of the students stated that the “LTC rotation at Little Falls Care Center was the best clinical experience they’d ever had.” Initially, I feared I wouldn’t learn anything, but it turned out I learned a great deal.” Another said, “At Little Falls Care Center we jump right in and learn. Overall, this has been a great experience.”



- Working closely with the Director of Nursing and the Clinical instructors at Little Falls Care Center has proved crucial clinical experience. The instructor receives outlines of students’ goals and works with Little Falls Care Center to ensure students have access to residents who meet their learning outcomes.
- Staff nurses’ positive attitudes and behavior also have contributed to success. Staff have been accommodating to students’ needs and don’t view their presence as an added source of stress, but are appreciative for helping hands.
- In LTC settings, the nurse shortage is especially pronounced. At Little Falls Care Center we encourage students to regard this setting as both a rich learning environment and a possible future employment opportunity and we encourage students to experience it for themselves.
- THANK YOU RASMUSSEN COLLEGE FOR THE CONTINUES PARTNERSHIP AND SERVING THE SENIORS OF OUR COMMUNITY .

-Laura  
Stumpf,  
DON

# FESTIVITIES IN ACTIVITIES

- Spring is finally here!!! We have some fun-filled events this month and May!
- Spring Sale will be going on from 8:30am-1:30pm on May 23<sup>rd</sup>, we are currently looking for silent auction baskets & donations!
- Bible Hymns & Oldies will be back every Thursday at 10:00am.
- Jerry's One Man Band will be playing Friday, April 26<sup>th</sup> at 3:00pm.
- The Boser Sisters will be sharing their talent on Tuesday, April 30<sup>th</sup> at 3:00pm
- Volunteer Meeting on Monday, May 6<sup>th</sup> at 9:30am
- National Nursing Home Week, which is May 12<sup>th</sup>-18<sup>th</sup> Come check out what activities we have going on!
- Veteran Support Group will be held on May 14<sup>th</sup> at 10:00am
- the Linda and Lew Variety Show, May 20<sup>th</sup> at 3:00pm.

Nataly  
Milbradt,  
Activities  
Director



# THE HAPPENINGS IN ENVIRONMENTAL SERVICES

- WOW! The spring cleaning has begun. Look for us to be deep cleaning the edges and corners along with making the floors shine. Our housekeeping team has brought on a great new team member which will help get our spring cleaning under way. We have got ourselves into some projects on the maintenance side of things, expect lighting to be brighter!

Devin Janousek,  
Environmental  
Services  
Director

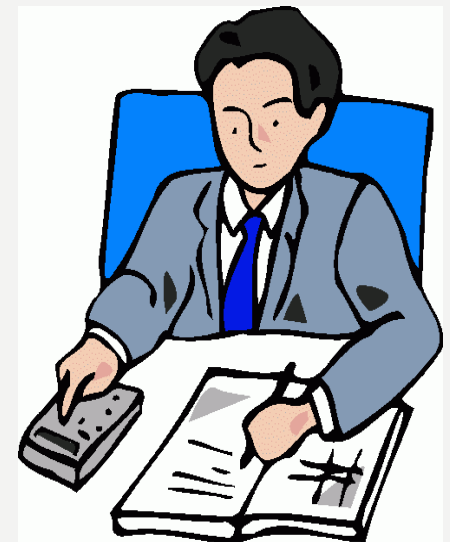
- **IN COLDER CLIMATES, FIREPLACES MADE SPRING CLEANING NECESSARY**



# HELLO FROM ACCOUNTING

- It's hard to believe I have been here one month. I am learning something new every day, and am getting to know staff and residents names. As I am still in the learning stage I may not have the answer to your question right away, but be assured I will find it and get back to you. Please be aware that the deposit box was move to the outside wall of the bank if any resident or family are looking for it. That is it for now. 😊

**Brian Menke, Accountant**



# A TAD-BIT FROM BRIDGEWAY

- *This month events:*
- *Last month was very busy. Comprehensive state survey was performed on 3/18/19 thru 3/21/19. Results are still pending but all in all it was a good survey. She met with tenants, followed our unit aid and reviewed policies and tenant charts. Bridgeway has not been surveyed for multiple years and new laws have gone into effect. Forms continue to be updated to match current laws.*
- *Nurse's office is still under construction at this time, temporary office is located just down the hall.*

Betty Rakow,  
Housing  
Manger

**Krista Bauch**  
**RN/Director of**  
**Home Care**



# WORDS FROM THE ADMINISTRATOR

- Professional Open House

- On Thursday May 16<sup>th</sup> we are hosting a professional Open House for our Dental, Medical, emergency responders and our spiritual providers from 5 -7 pm. Watch for more details!

## 5<sup>th</sup> Year Anniversary Open House

- Save the Date, on Tuesday June 18<sup>th</sup> from 5 – 7 pm we are having our 5<sup>th</sup> year Anniversary Open house! More details to come
- We have a new location for our Family Newsletters and our Activity Calendar is located just to the left of the front doors by the Computer.
- The Resident/Tenant satisfaction survey and 2019 year in review.
- Did you know that you can reserve the Fall's Theater here at Little Falls Care Center? Contact Michele Halvorson for more information!



**Michele  
Halvorson,  
Administrator**

# FAMILY & GUEST MEALS

**\$6 LITTLE FALLS CARE  
CENTER GUEST MEAL  
COUPON \$6**

- See Brian our Accountant in the Gambles building, or call in advance: 320-632-2085
- or Dawn in the American National Bank Building, or call in advance: 320-632-2091
- **The coupon entitles you to a Guest Meal for dinner or supper**
- **The cost of the value is \$6.00**
- **Please call the kitchen at:**
  - **320-632-2083, 24 hours in advance to reserve a meal.**
- **Thanks & enjoy!!**



# WHAT'S COOKING IN CULINARY

- Pam is our Grant Coordinator for the Nutrition Optimal Weight (NOW) grant. She and Ana were in training April 9- 11 for In Kind Dining. Pam will become our “facility trainers” employees "In Kind Dining” trained! Our grant is for two years and it will help us to improve our customer service, meal times, menus and overall “HOME COOKED FOOD” feel at LFHS! Stay tuned for more information. See our display board at the front of the Care Center.
- Specials meals will be in June for Fathers days and July 4<sup>th</sup>.

