



LITTLE FALLS HEALTH SERVICES

Little Falls Health Services *Social Accountability Statement - 2023*

Little Falls Health Services (LFHS) does business as Little Falls Care Center (LFCC - a 64 bed skilled nursing facility) and Bridgeway Estates (BWE - a 42 apartment Assisted Living building). Little Falls is a small rural central Minnesota community located on the Mississippi River. Employees, families, volunteers and visitors are able to participate in the many recreational and social activities within the company which helps maintain our residents' and tenants' integration in community activities.

We are blessed with a large group of community volunteers who have been a great source of encouragement, support, entertainment and community involvement. The organization has reciprocated by providing numerous means of involvement and community integration, making the community of Little Falls a better place to live and work.

Our Mission:

Expressing *Christ's* message of love by providing care that values every human life.

St. Francis Health Services of Morris owns and operates Little Falls Health Services and is sponsored by the Catholic Diocese of St. Cloud. We are dedicated to promoting the Ethical and Religious Directive for Catholic Health Care services. These directives assist our care center in making decisions to provide the best care possible to each and every individual. We also live by the following core values and celebrate our employees for doing the same.

Core Values:

<i>Integrity</i>	We faithfully adhere to high principles and professional standards.
<i>Commitment</i>	We dedicate ourselves to those we serve.
<i>Respect</i>	We value and treat each individual with compassion and dignity.
<i>Excellence</i>	We have the passion to do our best.
<i>Service</i>	We deliver what has not been done, before it is expected.
<i>Stewardship</i>	We wisely employ the talents, resources, and relationships entrusted to us.

Promoting Economic Development

Our facility believes in a resident centered, hospitality care model. We strive to enhance everyone's life with professional and caring services, and to help each resident achieve his or her highest

potential. We have programs that offer our residents increased flexibility in how their day is structured and how/when they receive care and services.

At Little Falls Health Center we strive to make the city of Little Falls a better place to live. Through our relationship with the community, we encourage participation in the lives of our residents through volunteering, partaking in social events and an active connection with those in our surrounding area. LFCC seeks to purchase locally whenever possible. Last year, the company purchased over \$225,000.00 in goods and services from local businesses. Following is a list of some of the area businesses from whom the company has purchased services or products:

- Andy's Charter Service
- Bob LeMieur Roll-offs
- Big Stone Therapy
- Business Machines Plus
- CHI – St Gabriel's
- CHI – Unity Hospice
- City of Little Falls
- Coborn's Ace Hardware
- Coborn's Pharmacy
- Design Electronics
- Morrison County
- Employment Enterprises
- Coborns Floral
- Wieceks Flors and More
- Fortmann's Lock & Key
- Friends of Linden Hills, Inc.
- Froggy's Signs
- General Rental Center
- Gull Lake Glass
- Handyman's, Inc.
- Horizon Health Services
- Initiative Foundation
- Kasella Concrete, Inc.
- Kingsway Cleaning Services
- Lee Schaffer Construction
- LF Taxi
- LF Chamber of Commerce
- LF Convention Bureau
- Little Falls Glass
- Midwest Machinery
- Morrison County Record
- Northway Oil
- Opatz Electric
- ProBuild
- Schaffer Construction
- Schneider's Lawn & Landscape
- Range Printing
- Thrifty White Drug
- Tony's Restorative Services
- Tuxedo Taxi
- VFW Post 1112
- Walmart

We refer many clients and families to local health care businesses:

- Catholic Health Initiative, Little Falls
 - St Gabriel's Hospital
 - Family Medical Center
 - Unity Family Hospice
- Falls Court Dental, Little Falls
- Local Pharmacies:
 - Coborn's Pharmacy
 - Walgreen's Pharmacy
 - Wal-Mart Pharmacy
 - Thrifty White Drug
- St Cloud Hospital, St Cloud

LFHS employed about 62 full time equivalent employees (approx. 120 employees), with 95% living in the local area (Little Falls, Pierz, Brainerd, Rice, Royalton,).

Each year, LFHS pays over \$4.6 million in wages and benefits to staff members who work for our organization.

Providing Quality Care and Services for Older Adults

Little Falls Health Services consists of a 64 bed skilled nursing facility and a 42 unit Independent/Assisted Living Center. The facility provides medical, social, and spiritual care to its residents without regard to race, color, creed, or national origin, in furtherance of the

organization's exempt status. During the current reporting year, the organization had over 33,000 resident days and provided services to more than 150 residents in the Nursing Home and housing for more than 48 tenants at the Independent/Assisted Living Center.

Both LFCC and BWE have a solid, reputable activity program that welcomes the public. Due to Covid-19 restrictions, our volunteer program was severely limited. The majority of program in the last year was provided by our employees and included the following:

- Weekly Bingo
- Reminisce Groups
- Baking/Cooking
- Daily Exercise
- Intergenerational Happy Hour
- Trivia and Memory Groups
- Card Playing
- Movies
- Popcorn Parties & Events
- Catholic Mass
- Rosary Groups
- Protestant Services
- Bible Studies
- Manicures
- Pet visits
- Dine Ins

As 2023 progressed, we were able to continue religious services throughout the year. We have a musical entertainer in our building to continue to lighten the heart. We sponsor the ECDP giving joy to residents with toddlers and babies coming in to visit in a 2 hour session each Friday. We offer our educational rooms for political meetings, educational classes and family gathering throughout the year as well.

FALLS PREVENTION:

An older adult is treated in the emergency room every 11 seconds and an older adult dies every 19 minutes as a result of falls (Karon, Ryther, & Robinson, 2015). Falls are the leading cause of fatal and non-fatal injuries among older adults over the age of 65 (Karon, Ryther, & Robinson, 2015). With these statistics it is important for care centers to address falls with the intent to decrease falls, potential for injuries, and increase the individual receiving services' quality of life.

The SFHS Collaborative is working together to create a comprehensive falls reduction program that includes improving the care center environment by making it more home-like through strengthening person-centered care, using new artificial intelligence (AI) technology, and developing new exercise programming. The SFHS Collaborative aims to achieve a safer environment for individuals receiving services by training all staff to support, understand, and strengthen our person-centered care to better meet individual resident needs, to use new AI technology to understand the person's routine and habits, and to increase movement and exercise programming to decrease the risk for falls and subsequent negative outcomes related to falls. As care needs are better identified and person-centered care is improved for individuals receiving services, a decrease in falls could lead to improved utilization of medical care resources, decreased hospitalization, and improved use of staff time related to falls. Falls can have very negative consequences for residents and require multiple types of resources. This \$2.8 million project will assist us in rebalancing by effectively using new and existing resources through

training, AI technology use, and expansion of exercise programming. The SFHS Collaborative will be able to provide quality care more efficiently as both intrinsic and extrinsic factors related to falls are better understood and considered.

Recognizing Spiritual Needs and Individuality

Upon admission, residents are assessed for their spiritual needs and our mission is to accommodate these needs. Our Care Center is visited and supported loyally by many members of the community churches, as follows:

- Little Falls Tri-Parish
- Zion Lutheran
- Bethel Lutheran Cushing
- First United Methodist
- First Lutheran
- Faith Lutheran
- Grace Covenant Church
- Little Falls Faith Lutheran
- Little Falls Alliance Church
- Living Hope Assembly of God
- Randall Presbyterian
- Randall St Peter’s Lutheran
- St. Joseph Catholic Church
- St. John’s Lutheran Church
- Swanville St. Peter's Lutheran

We also offer spiritual activities many days each week. They include, but are not limited to the following:

- Catholic Mass
- Protestant Services
- Rosary Groups
- Bible Studies

Providing Access to Educational Opportunities

In 2022, LFCC awarded \$25,000 of scholarships to employees to further their education, primarily to those to become a Certified Nursing Assistant (CNA) and Registered Nurse (RN’s). Individuals who acquire their CNA certificates are eligible for full reimbursement including tuition, cost of books, mileage and day care costs. Scholarships are awarded to employees currently attending classes or can be a loan repayment program.

Employees of LFCC have the opportunity to attend training and education to enhance or further their skills. This training is offered both on-line and through one-on-one interactions.

Helping Community Members in Need

LFHS has a solid foundation in the local community to supports its members. LFCC and BWE have a large number of visitors on any given day, including those with developmental disabilities. Since 2018 we have partnered with Productive Alternative and EEI to hire employees as support aides and dietary aides in our organization.

Serving as Active Community Members

LFCC employees are active members of their community, participating in area churches, school events and fraternal and social groups. With Covid no longer and issue, LFHS has been able to

actively participate in many community events until later into the 2023 year. Also, many of the staff and residents/tenants are involved in community organizations such as Lions, Rotary Club, Gideon’s, American Legion, Alzheimer’s Walk, Locks of Love, etc.

Volunteerism

Historically volunteers donated endless hours to our residents here at LFCC. These priceless volunteers assist with activities, special events, outings, projects and 1-1 interaction with the residents. Due to Covid-19, the volunteer program was temporarily halted. We look forward to re-engaging our volunteers in 2022 to provide some of the following activities for our residents:

- Community Work Service
- Manicures
- Pet Therapy Visits
- Rosary/Catholic Mass
- Protestant Services
- Crafts
- Women’s Tea
- Special Music programs
- Church
- One to one visits
- Hymnal Singers
- Happy Hour
- Active Games
- Popcorn Social
- Purple Hat Society
- Bingo

For More Information		
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